2023 – 2024

RULE BOOK

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ZERO TOLERANCE POLICY

SISE is committed to creating a safe and fair environment for all participants. Respect for the game, their opponents, coaches, and officials are a critical part of the environment that is created. This Zero Tolerance Policy summarizes required actions to be taken when violations occur.

All players, coaches, team officials and administrators and parents/spectators are required to maintain a sportsmanlike and educational atmosphere before, during and after all SISE sanctioned games.

For the beginning of the 2022-2023 season going forward, SISE has instituted specific protocols for all SISE games. Included in these Zero Tolerance Penalties are specific rules related to the playing of the game. Below is a summary of these penalties.

Coaches or any non-playing personnel yelling off the bench at any game participants or officials is not allowed. Any offending Teams Coach or non-playing personnel will be assessed a 2-minute minor penalty for unsportsmanlike conduct when they openly dispute or argues any decision by an Official, uses obscene, profane, or abusive language to anyone at any time or visually displays any sign of dissatisfaction with an Officials decision including standing on the boards or standing in the bench doorway with the intent of inciting the Officials, players, or spectators.

Anytime Coach or non-playing personnel persists in any of those actions, they shall be assessed a game misconduct penalty.

A 2-minute minor penalty for unsportsmanlike conduct shall be assessed any player who openly disputes or argues any decision by an Official, taunts or incites an opponent or visually creates a disturbance during the game or at any time after a stoppage of play. Anytime a player persists in any of these actions, they shall be assessed a misconduct penalty. A game misconduct shall result if the player continues such actions.

Spitting of any kind in the bench, on the ice, drinking from a water bottle and spitting it on the ice will result in a warning to the offending team. 2Nd offence will result in a bench minor penalty to the offending team. 3rd violation by the same team, not necessarily the same person will result in a game ejection to the offending player. This also includes a goalkeeper in the net. If necessary, the goalkeeper will be allowed a towel on top of the net to be used to wipe his face.

At any stoppage of play, once the whistle is blown all players must attempt to disperse without any interaction with their opponent. Any delay or unnecessary purposeful contact from one player to another will result in an automatic 10-minute misconduct. This will be recorded as a 10-minute Zero Tolerance misconduct.

Parents are expected to be a positive role model by treating all players, coaches, officials and fellow spectators with respect and support. The game will be stopped by the on-ice officials or the SISE Representative in attendance and the spectator(s) displaying the disruptive or inappropriate behavior will be identified and be immediately removed from the spectator's viewing area or be told to leave the arena. The SISE Representative or on ice officials will have the full support of the SISE and the arena management to remove any spectator in violation of the Zero Tolerance Rule.

NOTE TO READER

Throughout this document, the words “he,” “him” and “his” are used to include both male and female participants.

GLOSSARY DEFINITIONS

Recklessly Endangers (Reckless Endangerment) – Engaging in conduct, without regard to the consequences, which creates a substantial risk of serious physical injury to an opponent.

Physical Engagement – Two players who are in pursuit of the puck are allowed to reasonably lean into each other provided that possession of the puck remains the sole objective of the two players. This includes opposing players competing for the puck in front of the goal or along the boards.

Vulnerable or Defenseless – A skater is in a vulnerable or defenseless position when unaware, unprepared, or unsuspecting of an impending hit. Infractions that occur because of a body check delivered to a vulnerable or defenseless player must be penalized under the boarding, charging, checking from behind or roughing rules. When done in a dangerous, careless, or reckless manner where the player delivering the check has made no effort to play the puck, the major plus game misconduct or match penalty provisions of these rules must be assessed.

Angling – Is a legal defensive skill used to direct/control the puck carrier to an area that closes the gap and creates an opening that is too small for the puck carrier.

Collision – Occurs when players are allowed to maintain their established position on the ice. A player shall not be penalized if the intention is to play the puck and in

doing so causes a collision with an opponent. No player is required to move out of the way of an oncoming player to avoid an impact.

Competitive Contact Divisions – In Competitive Contact Divisions **(U8-U12)** legal competitive contact shall be allowed and players allowed to compete using proper body position skills. However, any deliberate body checks shall be penalized accordingly. If a body check is delivered for the purpose of intimidation, punishment or to a vulnerable or defenseless opponent, a 5-minute major plus game misconduct should be assessed to the offending player. Competitive contact is body contact between 2 skaters who are in the immediate vicinity of the puck and who are in the normal process of playing the puck. These skaters are reasonably allowed to lean into each other provided possession of the puck remains the sole object of the contact. Competitive contact is encouraged in all age classifications of play within the HSL and provides the foundation for the skills necessary to advance to Body Checking divisions.

Body Checking Divisions – In body checking divisions **(U13 Major U13AAA-U18)** the primary focus of the check shall be to gain possession of the puck and officials should strictly penalize any illegal actions such as boarding, charging, crosschecking, checking from behind and a late body check to a player who is no longer in control of the puck. The responsibility is on the player delivering the check to avoid forceful contact (minimize impact) to a vulnerable or defenseless player who is no longer in control of the puck. Proper body checking technique starts with stick on puck, therefore the stick blade of the player delivering the check must be below the knees.

A body check represents intentional physical contact, from the front, diagonally from the front or straight from the side, by a skater to an opponent who is in control of the puck. The opposing players objective is to gain possession of the puck with a legal body check and not to punish or intimidate an opponent.

Legitimate body checking must be done only with the trunk of the body (hips and shoulders) and must be done above the opponent's knees and at or below the opponent's shoulders. The use of hands, forearm, stick or elbow in delivering a body check is unacceptable and not within the guidelines of a legal body check. The primary focus of a body check is to gain possession of the puck and proper body checking technique starts with stick on puck therefore the stick blade of the player delivering the check must be below the knees.

The HSL reminds coaches and players that these requirements are the responsibility of the player delivering the body check. Under no circumstances is it acceptable to deliver a body check to a vulnerable or defenseless opponent, an opponent who is not in control of the puck or to use the hands, stick, forearm, or elbow in delivering a check to an opponent.

Late Avoidable Body Check or Body Contact – Any avoidable check or contact delivered to a player who is no longer in control of the puck. An avoidable check or contact is when the player delivering the check or contact has an opportunity to avoid contact or minimize contact, once it is realized the opponent no longer has control of the puck. The concept of finishing the check is an unacceptable action as it is one that is meant to intimidate or punish the opponent with no intent to gain possession of the puck. The responsibility is on the player delivering the check or contact is to avoid forceful contact (minimize impact) to a vulnerable player who is no longer in control of the puck.

SECTION ONE – GAME FLOW

Rule 1 – Appointment of Officials

All SISE Officials shall be appointed by the RIC or his duly appointed representative to officiate all scheduled SISE games. Referees, Linesman and Off-ice Officials shall be always treated with courtesy and respect by players and team officials. Any infraction of this rule shall be reported to the RIC who may assess such penalties as the infraction warrants.

a) The Referee shall have full control of all the players on/off the ice and during the game. He shall have the final decision in all matters under dispute and his decision shall final.
b) The Referee and Linesman are the official representatives in the game being played.
c) The Officials shall be on the ice for the start of warmups. They will oversee the pre-game handshake at center ice, then follow with the Coach's handshake prior to the start of the game. The Referee shall remain on the ice at the conclusion of the game until all players have proceeded to their dressing rooms.
d) The Referee shall when requested check any equipment worn by a player. This must be done through a request from the Manager/Coach.
e) The Referee shall assess all penalties as prescribed by the rules and will have the final say over all incidents on the ice.
f) The Referee shall have the final decision on all disputed goals, after consultation with all on ice officials and if applicable, goal judges.
g) The Referee shall report to the timekeeper all goals, assists and penalties.
h) After each game, the Referee shall check and sign the official game sheet.
i) Should any official sustain and injury while play is in progress that would affect their duties, play shall immediately be stopped.
j) If for whatever reason the scheduled Officials are prevented from being at the game, the SISE representative with the Managers or Coaches of both teams shall agree on a Referee and one or 2 Linesmen. If they cannot agree, they shall appoint a player from each team who shall act as officials. If the regularly

appointed officials arrive during the game, they shall replace the temporary officials immediately.

k) The Referee and Linesman shall be thoroughly impartial parties.

l) While on the ice, the Officials shall be wearing the approved pants, SISE jersey, CSA helmet, CSA approved visor and the appropriate skates with clean white laces.

m) Referees are required to report to the Director of Player Safety all incidents on the Official Game Report or separate Penalty Report form all 5-minute Majors, Game Misconducts, Gross Misconducts and Match Penalties immediately following the game. In addition, an approved SISE representative may be asked to submit in writing his version of any incident he personally attended and witnessed. This could also include any video submitted to the HSL/JPHL.

n) Linesmen shall check the goal nets and placement around the goal crease before the start of each period.

o) When Linesmen are referenced in the rulebook, and there are only 2 Officials they shall be responsible for their duties as well.

p) Linesmen have the authority to stop play when:

- An offside occurs at the blue line.
- The puck leaves the playing surface or is struck by an ineligible player.
- More than the correct number of players are on the ice and the team committing the foul has possession of the puck. Notwithstanding, this penalty shall be delayed if the non-offending team has the puck and play stopped immediately once the offending team gains possession of the puck.
- The puck has been batted illegally from one teammate to another from his defending zone to the neutral zone or anywhere in the attacking zone.
- A player strikes the puck with his stick above the normal height of the shoulders and its obvious it was not seen by the Referee.
- The goal net has been displaced from its normal position and the Referee has not seen it. In the case of an attacking player knocking the net off and

the defending player gains possession of the puck, play shall not be stopped until a change of possession.

- Any player on the ice appears to be seriously injured.
- Premature substitution of the goalie.
- Encroachment on face-offs.
- Icing infractions.
- When a goal has been scored that has not been observed by the Referee.

q) Linesmen must report the following infractions to the Referee upon completion of the play:

- Any player who is interfered with by a spectator.
- Any player who enters the game illegally from his own players or penalty bench.
- A stick or any other object thrown on the ice from the bench.
- Any player who deliberately displaced the goal.
- Any act resulting in a Match Penalty. This also falls under butt-ending, high-sticking, spearing and slew foot.
- Any infraction resulting in a Bench Minor, Major penalty, Misconduct, Game Misconduct, or a Gross Misconduct.

Rule 2 – Line Change

a) When play in progress, not more than six players, including a goaltender, are permitted on the ice at any one time.

b) Players may be changed at any time from the players bench, provided that the player or players leaving the ice shall be at the players bench within 5 feet and out of the play before any changes made.

c) A player on the penalty bench who is to be changed after their penalty has been served must proceed by way of the ice and be at the players bench before any change can be made.

d) A team shall be required to place the correct number of players on the ice when requested by the Referee. The visiting team must be first to place any playing lineup on the ice to commence play at all times. Each team is allowed only one change of player or players during a stoppage of play.

e) A 2-minute bench minor penalty shall be assessed for a violation of any section of this rule. The penalty shall be served by the player committing the infraction, as covered under bench minor penalties.

f) If in the last two minutes of regular playing time, or anytime in overtime, a 2-minute bench minor penalty is imposed for deliberate illegal substitution, a penalty shot shall be awarded against the offending team. The bench minor shall not be served.

g) If while making a substitution, either the player entering the game or the player leaving the game intentionally plays the puck with their stick, skates, hands, or intentionally checks or makes any physical contact with opposing player while the player leaving or entering the game is on the ice, then the infraction of too many men on the ice shall be called.

h) If while making the substitution, either the player entering the play or the player retiring is struck by the puck accidentally, the play should not be stopped, and no penalty shall be called.

i) When a goaltender leaves their goal area and proceeds to the players bench for the purpose of substituting for another player, they must be within the 5 feet of the bench before the substitute may enter the game. If the substitution is made prematurely, the official shall stop play when the offending team gains possession and control of the puck. The resulting face-off shall take place at the centre face-off spot, except in cases where the offending team would gain a territorial advantage, in which case the face-off shall be where the stoppage of play of occurred.

j) During a line change at a stoppage of play, if there is a scrum or gathering, the players coming on the ice must remain at their respective benches until the gathering is dispersed and the Referee has indicated for the line change to take place. Failure to remain at the team's bench may result in a 2-minute bench minor penalty being assessed.

k) Once the line change procedure has been completed, no additional player substitution shall be permitted until the face-off has been completed legally and play has resumed, except when a penalty or penalties are imposed that affect the on-ice strength of either or both teams. This may include penalties

imposed following the completion of a line change and prior to a face-off, or due to a penalty assessed for face-off violation.

l) A team that is in violation of the rule icing the puck shall be permitted to make player substitutions to replace a goalkeeper who has been substituted for an extra attacker, to replace an injured player, or when a penalty has been assessed which affects the on-ice strength of either team. The determination of players on the ice will be made when the puck leaves the offending players stick.

Procedure – Following a stoppage of play, the Referee will enforce the following line change procedure once it's determined that this procedure may begin:

- The Referee shall give the visiting team up to 5 seconds to make its line change.
- The Referee shall raise his hand to indicate no further changes by the visiting team and to commence the home teams line change.
- The Referee shall give the home team up to 8 seconds to make its line change.
- The Referee shall lower his hand to indicate no further changes by the home team.
- Any attempt by either team to make a change after the Referees signal, attempt to place too many men on the ice for the subsequent line change, or attempt to make additional personnel changes, shall not be permitted and the Referee will send the players who have attempted to change back to their players' bench. The Referee will then issue a warning to the offending team.
- The Linesman conducting the faceoff will blow his whistle (once the Referee has lowered his hand for the line change(s) to indicate that all players must be in position and on-side for the faceoff within 5 seconds. The faceoff will then be conducted in accordance with the rule Face-offs.
- Players who are slow (after the 5 second warning whistle by the Linesman) getting to the faceoff location or who are in an offside position

for the ensuing faceoff will be warned once in the game by the Referee, this warning will also be given to the offending teams Coach. The offending teams center is not ejected. Any subsequent violation shall result in a 2-minute bench minor penalty for delay of game being assessed to the offending team.

- In the last 2 minutes of regulation and any time in the overtime period(s), points (vi) and (vii) above are not applicable. The Linesman shall give the teams a reasonable amount of time to set up for the ensuing face-off after points (i) through (v) above have been enforced.

Rule 3 – Face-offs

The action of the Official dropping the puck between the sticks of two opposing players to start or resume play. A face-off begins when the official indicates the location of the face-off, and the officials and players take their appropriate positions. A goalkeeper may not participate in a face-off.

a) All face-offs must be conducted at one of the 9 face-off spots on the rink.

b) When the play is stopped for any reason not specifically attributable to either team while the puck is in the neutral zone, the ensuing face-off shall be conducted at the nearest face-off spot outside the blue line. When it is unclear as to which of the four face-off dots is the nearest, the spot that gives the home team the greatest territorial advantage in the neutral zone will be selected for the face-off.

c) When players are penalized at a stoppage of play to result in penalties being placed on the penalty time clock to one team, the ensuing face-off shall be conducted at one of the two face-off dots in the offending teams end zone. There are only four exceptions to this application:

- When a penalty is assessed after the scoring of a goal (face-off at centre ice)
- When a penalty is assessed at the end, or start, of a period (face-off at centre ice)

- When the defending team is penalized, and the attacking players enter the attacking zone beyond the outer edge of the end zone face-off circle (face-off in the neutral zone)
- When the team not being penalized ices the puck (face-off in the neutral zone outside the blue line of the team icing the puck)

d) When an infringement of the rules has been committed by players of both sides and the play results in the stoppage, the ensuing face-off will be made at the nearest face-off spot in that zone.

e) When a goal is illegally scored because of a puck being deflected directly off an official, the resulting face-off shall be made at the nearest face-off dot in the zone where the puck deflected off the official.

f) When a goal is illegally scored by the attacking team for directing, batting, kicking or high sticking the puck into the goal, the resulting face-off shall take place in the neutral zone at the nearest face-off dot. When the game is stopped for any reason not specifically covered in the official rules, the puck must be faced off at a face-off dot in the zone nearest to where it was last played.

g) Following a stoppage of play, should one or both defensemen who are the point players or any player coming from the bench of the attacking team, entered the attacking zone beyond the outer edge of the end zone face-off circle during an altercation, gathering or scrum, the ensuing face-off shall take place in the neutral zone near the blue line of the defending team.

h) For a violation of premature substitution, the resulting face-off will take place at the centre ice face-off dot when play is stopped beyond the centre red line. When play is stopped prior to the centre red line, the resulting face-off shall be conducted at the nearest face-off dot in the zone where play was stopped.

i) When play is stopped for an injured player, the ensuing face-off shall be conducted at the face-off dot in the zone nearest the location of the puck when play was stopped. When the injured players team has control of the puck in the attacking zone, the face-off shall be conducted at one of the face-off dots outside the blue line in the neutral zone. When the injured player is in his defending zone and the attacking team is in control of the puck in the

attacking zone, the face-off shall be conducted at one of the defending teams end zone face-off dots.

j) As soon as the line change procedure has been completed by the Referee and he lowers his hand to indicate no further changes, the Linesman conducting the face-off shall blow his whistle. This will signal to both teams that they have no more than 5 seconds to line up for the ensuing face-off. At the end of the five seconds, or sooner if both centres are ready, the Linesman will conduct a proper face-off.

k) In the case of a false face-off, the centre will be warned by the Linesman that he has committed their first face-off violation. In the event the same team then commits a second face-off violation the 2-minute bench minor penalty shall be assessed.

l) Face-off violations shall be summarized as follows and any of the three or four on ice officials may identify a face-off violation:

- Encroachment by any player other than the centre into the face-off area prior to the puck being dropped. Players on the perimeter of the face-off circle must keep both skates outside the face-off circle (skate contact with the line is permitted). If a player's skate crosses a line into the face-off circle prior to the drop of the puck, this shall be deemed a face-off violation. The players stick maybe inside the face-off circle provided there is no physical contact with his opponent, or his opponents stick.
- Encroachment by any player into the area between the hashmarks on the outer edges of the face-off circle prior to the puck being dropped. Players must also ensure that both of their skates do not cross their respective hash marks. Contact with the line with their skate is permitted. If a player's skate crosses the line into the area between the hashmarks prior to the drop of the puck, this shall be deemed as a face-off violation. A players stick maybe inside the area between the hash marks provided there is no physical contact with an opponent, or his opponents stick.
- Any physical contact with an opponent prior to the puck being dropped.
- Failure by either centre taking the face-off to properly position himself behind the restraining lines or place his stick on the ice or properly

position himself behind the restraining lines. This shall mean that the centre must place his feet on either side of the restraining lines that are parallel to the side boards (contact with the lines is permissible) and that all the blade of his skates must not cross over the restraining lines that are perpendicular to the side of the boards as he approaches the face-off spot. The blade of the stick must then be placed on the ice, at least the toe of the blade of the stick, in the designated white area of the face-off dot and must remain there till the puck is dropped. Failure to comply with this positioning and face-off procedure will result in a face-off violation.

m) In the conduct of any face-off at any of the nine face-off dots on the playing surface, no player facing off shall make any physical contact with his opponents' body by means of his own body or by his stick except while playing the puck after the face-off has been completed. For violation of this rule, the Referee may, at his discretion impose a 2-minute minor penalty or penalties on the player whose actions caused the physical contact.

n) No other player shall be allowed to enter the face-off circle or come within 15 feet of the players facing off. All players must stand onside on all face-offs. During end zone face-offs, all players on the ice must position their bodies on their own side of the restraining lines marked on the outer edge of the face-off circles.

o) If a player other than the player taking the face-off moves into the face-off circle prior to the dropping of the puck, then the offending team's player taking the face-off shall be notified of their first face-off violation.

p) Players on the attacking team, exclusive of the centre, must establish their position 1st and then the defending team may counter and hold its position until the puck is dropped. Any violation of this procedure shall be treated as a face-off violation and the Linesman shall notify the Referee by the appropriate procedure under face-off violation. Should an attacking player attempt to establish a new position prior to the face-off, and the defending centre steps back from the face-off dot to reposition his teammates, a face-off violation

shall be charged to the attacking team as they must establish their position first.

q) Should an on-ice official notice that the attacking team has not placed enough players on the ice for the ensuing face-off, the Linesman will proceed with conducting the face-off in the normal manner. The attacking team must ensure they always put the appropriate number of players on the ice.

r) When the face-off takes place at any of the dots, the players taking part shall take their positions so that they will stand squarely facing their opponents end of the rink, clear of the ice markings where applicable. The sticks of both players facing off shall have the blade on the ice, within the designated white area. The defending player shall place his stick within the designated white area first followed immediately by the attacking player except at center-ice face-offs to start the game, period or after the scoring of a goal, the visiting player shall place his stick on the ice first. All other players on both teams must adhere to the line markings on the ice, away from the players taking the face-off and must be onside. When the face-off takes place at any of the face-off spots in the end zones, the players taking part in the face-off shall take their positions so they will stand squarely facing their opponents end up the rink, and clear of the face-off restraining lines.

s) All other players on the ice must position themselves and their sticks on side. If a player, other than the player taking the face-off, moves offside, makes physical contact with an opponent, or encroaches on the face-off circle prior to the dropping of the puck, then the offending team's player taking the face-off will not be ejected from the face-off. The Linesman will stick his non puck hand in the air indicating 1 missed face-off. He will then conduct another face-off. If there is another violation by any member of the same team, the Linesman will step back from the face-off, blow his whistle to indicate to the Referee there was another violation of the face-off. The Referee will then access a 2-minute minor penalty for face-off violation to the appropriate team. Teams will then be allowed a line change if they wish.

t) In the conduct of a face-off anywhere on the playing surface, no player facing off shall make any physical contact with his opponents' body by means of his

own body or by his stick, except while playing the puck after the face-off has been completed. For a violation of this rule, the Referee shall assess a 2-minute minor penalty or penalties on the players whose actions caused the physical contact.

u) Conduct of a face-off begins once the Linesman designates the place of the face-off and the Linesman takes their position to drop the puck.

v) If a player facing off fails to take their proper position immediately when directed by the Referee or Linesmen, the official will commence the face-off violation procedure outlined above. No substitution of players shall be permitted until the face-off has been completed and play has resumed, except when a penalty is imposed which will make a team shorthanded.

w) When a team commits a face-off infraction (late arrival, not immediately taking a proper position, early movement), the Referee or Linesmen shall commence the face-off policy verbally and with the appropriate signal at the face-off location. A team committing a second violation of any of the provision's stated in this rule during the same face-off will be assessed a 2-minute minor penalty for face-off violation by the Referee. When a penalty has been assessed to the attacking player in their attacking zone, the ensuing face-off shall be in their defending zone.

x) When an infringement of any rule has been committed by players of both teams, the ensuing face-off shall be at the place where the stoppage of play occurred, unless otherwise stated in the rules.

y) All face-offs in the neutral zone shall be conducted at the designated face-off spots as dictated by the reason for the stoppage of play.

- The face-off location will be at one of the two face-off spots nearest the offending team's blue line, thus causing a loss of territorial advantage.
- When a stoppage of play occurs between the end zone face-off spots and the nearest end of the rink, the face-off shall be the nearest end zone face-off dot, unless otherwise stated in the rules.
- Centre ice face-offs will only be conducted at the start of each period, following the scoring a goal, premature substitution of the goaltender, or in accordance with an error in an icing call.

- Any other stoppage of play in any zone not caused by either team, the ensuing face-off shall be at the nearest face-off dot excluding the centre ice face-off dot.

z) When any stoppage of play in the end zone is caused by a defending player or the goaltender, the ensuing face-off shall take place at the nearest defending zone face-offs dot based on the cause of the stoppage of play and not related to the location of the puck when play was stopped.

aa) When a goal is illegally scored because of the puck being deflected off the Referee or Linesman directly into the net, the face-off shall take place at the nearest end zone face-off dot.

bb) When a goal is illegally scored by the attacking team for directing, batting, kicking or high sticking the puck into the goal, the resulting face-off shall take place in the neutral zone at the nearest face-off dot.

cc) When one or both defensemen, point players or any player coming from the players or penalty bench of the attacking team, enter the attacking zone (the top of the circle being the limit) when a gathering is taking place following a stoppage in play, the ensuing face-off shall take place at the nearest face-off dot in the neutral zone, near the blue line of the defending team.

dd) When play is stopped for an injured player, the ensuing face-off shall be conducted at the face-off dot in the zone nearest the location of the puck when play was stopped. When the injured players team has control of the puck in the attacking zone, the face-off shall be conducted at one of the face-off dots outside the blue line in the neutral zone. When the injured player is in his defending zone and the attacking team is in control of the puck in the attacking zone, the face-off shall be conducted at one of the defending teams end zone face-off dots.

ee) For player changes during stoppages in play, the Referee shall begin the line change procedure as soon as it is safe to do so for the ensuing face-off and then allow a 5 second period during which the visiting team may make a player change. After this 5 second period has elapsed, the Referee will raise his arm to indicate that the visiting team may no longer change any player or players. With the arm still up, the Referee will allow an 8 second period during

which the home team may make a player change. After this 8 second period has elapsed, the Referee will drop his arm to indicate that the home team may no longer change any player or players.

- Where a team attempts to make a player change after their allotted time, the Referee shall send the player or players back to their bench. Any subsequent infraction to this procedure at any time during the game shall incur a 2-minute bench minor penalty.

ff) During a line change at a stoppage of play, if there is a scrum or gathering, the players coming on the ice must remain at their respective benches until the gathering is dispersed and the Referee has indicated that the line change is to take place. Failure to remain at the team's bench may result in a 2-minute bench minor penalty being assessed.

gg) As soon as the line change procedure has been completed by the Referee and he lowers his hand to indicate no further changes, the Linesman conducting the face-off shall blow his whistle. This will signal to both teams that they have no more than 5 seconds to line up for the ensuing face-off. At the end of the five seconds, or sooner if both centres are ready, the Linesman will conduct a proper face-off.

hh) In the last two minutes of regulation time or anytime in overtime, the Linesman will still blow his whistle to initiate the face-off, but the 5 second time limit will not be enforced. However, players must abide by the verbal directions given by the Linesman in his attempt to conduct a fast and fair face-off. Any violation of this rule will result in a face-off violation warning.

ii) Any loss of time on the game or penalty clocks due to a false face-off or face-off violation must be replaced. This is the responsibility of the Linesman through the Referee.

Rule 4 – Icing the Puck

Icing the puck is completed the instant the puck crosses the goal line, and the official shall immediately blow their whistle-stopping play. If the puck shall have entered the goal, the icing shall not be called, and the goal shall be allowed.

a) For this rule, the centre red line will divide the ice in two halves. Should any player of a team, equal or superior in numerical strength to the opposing team, shoot, bat or deflect the puck from their own half of the ice, beyond the goal line of the opposing team, play shall be stopped, and the puck faced off at the end zone face-off dot of the offending team.
    i. For deflected pucks, this only applies when the puck was originally propelled down the ice by the offending team. For this rule, the point of last contact with the puck by the team in possession shall be used determined whether icing has occurred or not. As such, the team in possession must gain the line for the icing to be nullified. “Gaining the line” shall mean that the puck, while on the player's stick (not the players skate) must contact the centre red line to nullify a potential icing.

b) If during the play, the puck shall have entered the net of the opposing team, the goal shall be allowed, except if the puck has been batted with the hand into the opposing net. Any contact with the puck over the centre red line, with the puck continuing down over the goal line, nullifies icing the puck.
    i. If during the period of a delayed whistle due to a foul by a player of the side not in possession of the puck, the side in possession ices the puck, then the face-off following the stoppage of play shall take place in the neutral zone near the defending team's blue line of the team icing the puck.
    ii. A team shall not be considered below the numerical strength of its opponent by reason of the penalized player remaining in the penalty box after their penalty has expired.
    iii. Icing the puck shall not be called if a team is below the numerical strength of the opposing team at the instant the puck is shot.
    iv. Play shall continue and icing the puck infraction shall not be called if it is caused directly from either player taking a face-off.
    v. If in the opinion of the Referee or Linesmen, a player of the opposing team, except the goaltender, can play the puck before it crosses the goal line, but has not done so, the play shall continue and icing the puck rule shall not apply.

vi. The icing the puck infraction shall not be called, and play shall continue when the puck has touched any part of an opposing player, their stick or skates or the puck has touched the goaltender, their skates or stick at any time before crossing the goal line.

vii. If the official shall have erred in calling an icing the puck infraction under any conditions, the face-off shall take place at centre ice.

viii. If, In the opinion of the Linesmen, the goaltender feigns playing the puck, attempts to play the puck, or skates in the direction of the puck on an icing at any time, the potential icing shall not be called, and play shall continue. If, however, a goaltender is legitimately out of the crease in attempt to go to the players bench to be substituted for an extra attacker and in no way makes any attempt to play the puck, the icing shall be called under this section. If a goalkeeper is out of his crease prior to the shot being taken, and simply retreats to his crease making no attempt to play the puck or feigns playing the puck, the potential icing shall remain in effect.

c) If the puck was shot by a player of a side below the numerical strength of the opposing team, play shall continue and icing the puck shall not be called. When a team is shorthanded as the result of a penalty and the penalty is about to expire, the decision as to whether there has been an icing shall be determined at the instant the penalty expires. Should the puck be released from the stick of the player shooting the puck down the ice prior to the penalty expiring, the icing infraction shall not apply. The action of the penalized player remaining in the penalty box will not alter the ruling.

d) When a team is shorthanded by reason of a major penalty, and they have neglected to ensure there is a player in the penalty bench to exit upon the expiry of the penalty, they will continue to play shorthanded but are not permitted to ice the puck. Icing will be called. They may substitute for this penalized player at the next stoppage of play.

Rule 5 – Puck Out of Bounds

When a puck goes outside the playing area at either end or either side of the rink, strikes any obstacles above the playing surface other than the boards, glass, causes the glass, lighting, timing device or the supports to break, it shall be faced off at the nearest face-off spot in the zone from where it was shot or deflected out of play that gives a team at fault the least amount of territorial advantage.

a) When the attacking team is responsible for the puck going out of play in the attacking zone, in all instances, the face-off will be conducted at one of the two face-off dots in the attacking zone.
b) A 2-minute minor penalty shall be assessed any player who delays the game by deliberately shooting, batting, or throwing the puck outside the playing surface of the rink. The resulting face-off shall be at the spot where the offence occurred, unless otherwise stated in the rules.
c) If the puck is shot on the back of the net and comes off without any delay or, if the player or goaltender knocks the puck off the back of the goal netting without unnecessary delay, play shall continue. If the puck is frozen between opposing players or cannot be removed from the back of the net, the Referee shall stop play and the resulting face-off shall take place at a location covered by the rules. In the situation regarding the play in the attacking zone, the officials should be alerted to move the face-off into the neutral zone in the case of the attacking player falling on the puck and causing the stoppage.
d) A 2-minute minor penalty shall be assessed the goaltender who deliberately drops or throws the puck on the goal netting to cause a stoppage of play.
e) When the puck goes outside the playing area directly off the face-off, the face-off shall remain in the same spot.
f) When the puck is shot and contacts the gloves or the body of a player hanging over the players bench, or if the puck enters the players bench through an open bench door, the face-off shall take place at the nearest face-off spot in the zone from where the puck was shot. However, if the puck hits an opposing player's glove or body that is hanging over the opposing teams' players bench or enters the opposing teams' players bench through an open bench door, the

face-off shall take place in the neutral zone adjacent to the opponent's players' bench.

g) Should a scramble take place, or a player accidentally fall on the puck and the puck be out of sight of the Referee, he shall immediately blow his whistle to stop play. The puck shall then be faced off at the nearest face-off spot in the zone where the play was stopped unless otherwise provided for in the rules.

h) Play will not be stopped if the puck touches an official anywhere on the rink. A puck that deflects back into the defending zone off an official who is in the neutral zone, will be deemed to be offside. The puck striking or deflecting off an official does not automatically nullify a potential icing.

i) When a puck deflects off an official and goes out of play, the ensuing face-off will take place at the face-off spot in the zone nearest to where the puck deflected off the official. No goal can be scored as the result of being deflected directly into the net off an official.

j) If the attacking team shoots the puck into the zone and a delayed offside is indicated, or the attacking team contacts the puck with a high stick or bats the puck with the glove and it then deflects off the goal post or crossbar and goes out of play, the ensuing face-off shall be in the neutral zone outside the defending team's zone.

Rule 6 – Offside

a) Players of the attacking team must not proceed the puck into the attacking zone. The position of the players skates and not that of his stick shall be the determining factor in all instances in deciding an offside. A player is offside when both skates are completely over the leading edge of the blue line involved in the play.

b) A player is on side when either of his skates are in contact with, or on his own side of the blue line, at the instant the puck completely crosses the leading edge of the blue line regardless of the position of his stick. However, a player controlling the puck who shall cross the line ahead of the puck shall not be considered offside, providing he had possession and control of the puck prior to his skates crossing the blue line.

c) It should be noted that while the position of the players skates is what determines whether a player is offside, nevertheless the question of an offside never arises until the puck has completely crossed the leading edge of the blue line at which time the decision is to be made.

d) If a player legally carries or passes the puck back into his own defending zone while a player of the opposing team is in such defending zone, the offside shall be ignored and play permitted to continue.

e) When a defending player propels the puck out of his defending his own and the puck clearly rebounds off a defending player in the neutral zone back into the defending zone, all attacking players are eligible to play the puck. Any action by an attacking player that causes a deflection or rebound off a defending player in the neutral zone back in the defending zone, stick check, bodycheck, or physical contact, a delayed offside shall be signalled by the Linesman.

f) If the puck is deflected back in the defending zone off an official who is in the neutral zone, this will be offside or a delayed offside.

g) In the situation where an attacking player or players has preceded the puck across the attacking blue line, but the defending team is able to bring the puck back out of its defending zone without any delay or contact with an attacking player, or the attacking players are in the process of clearing the attacking zone, the Linesman will signal a delayed offside.

h) If an offside call is delayed, the Linesman shall drop his arm to nullify the offside violation an allow play to continue if:

   i. All players of the offending team clear the zone at the same instant (skate contact with the blue line) permitting the attacking players to re-enter the attacking zone.

   ii. The defending team passes or carries the puck into the neutral zone.

i) If during a delayed offside, any member of the attacking team touches the puck, attempts to gain possession of a loose puck, forces the defending puck carrier further back into his own zone, or who is about to make physical contact with the defending puck carrier, the Linesman shall stop play immediately for an offside.

j) If, during a delayed offside, an attacking player in the attacking zone elects to proceed to his players bench, which extends into the attacking zone, to be replaced by a teammate, he shall be considered to have cleared the zone provided he is completely off the ice and his replacement comes onto the ice in the neutral zone. If his replacement comes onto the ice in the attacking zone, if the delayed offside is still in effect, he too must clear the attacking zone. If the remaining attacking players have cleared the attacking zone and the Linesman has lowered his arm for the delayed offside, he shall be considered onside.

k) If the puck is shot into the attacking zone creating a delayed offside, the play shall be allowed to continue under the normal clearing the zone rules. Should the puck, because of this shot, enter the defending team's goal, either directly or off the goalkeeper, a player, the boards, the glass, a piece of equipment or an official on the ice, the goal shall be disallowed as the original shot was offside. The fact the attacking team may have cleared the zone prior to the puck entering the goal has no bearing on this ruling. The face-off will be conducted at the face-off spot in the zone closest to the point of the origin of the shot that gives the offending team the least amount of territorial advantage.

l) The only way an attacking team can score goal on a delayed offside situation is if the defending team shoots or puts the puck into their own net without action or contact by any offending team. Other than in situations involving a delayed offside and the puck entering the goal, no goal can be disallowed after the fact for an offside violation, except for the human factor involved in blowing the whistle.

m) For a violation of this rule, the play shall be stopped and the puck shall be faced off in the neutral zone at the face-off dot nearest the attacking zone of the offending team when the violation occurs as a result of the attacking team carrying the puck over the attacking blue line, or from the face-off dot in the zone closest to the point of origin of the shot or pass, even if it deflected off an attacking or defending player or official.

n) When a Linesman signals a delayed offside and the defending player shoots the puck over the glass and out of play, the face-off shall be conducted outside of the defending zone face-off dot in the neutral zone.

o) When a Linesman signals a delayed offside and the original shot deflects off a defending player out of play, the face-off shall take place at the nearest face-off dot in the zone from where the puck was shot.

p) When the defending team is about to be penalized in the defending zone and the Linesman has a delayed offside signalled against the attacking team on the same play, the ensuing face-off shall be conducted at one of the end zone face-off dots of the defending team.

q) An intentional offside is one which is made for the purpose of securing a stoppage of play regardless of the reason, whether either team is shorthanded. If in the opinion of the Linesman, an intentional offside play has been made, or a player of the offending team deliberately touches the puck during a delayed offside, the puck shall be faced off at the end face-off dot in the defending zone of the offending team for an intentional offside.

r) If, in the judgment of the Linesman, the attacking player or players are trying to exit the attacking zone and are near the blue line at the time the puck is shot in the zone, the play will not be deemed to be an intentional offside.

Rule 7 – Time-Out

a) Each team shall be permitted to take 1 thirty (30) second time-out during any game. All players including goalkeepers on the ice at the time of the timeout will be allowed to go to their respective benches.

b) This time-out must be taken during a normal stoppage of play. Only one time-out shall be permitted at any one stoppage of play.

c) Any player designated by the coach will indicate to the Referee, prior to the drop of the puck, that his team is exercising his option and the Referee will report the time-out to the game timekeeper who shall be responsible for signalling the termination of the time-out.

d) No time-out shall be granted following a face-off violation.

e) When a penalty shot has been awarded to either team by the Referee, no time-out will be granted. No time-out will be granted during the shootout.

f) The Referee should allow the calling of a time-out at any time up to the point of dropping the puck for a face-off.

SECTION TWO – PENALTIES

Rule 8 – Types of Penalties

a) Penalties shall be in actual playing time, and are divided into the following categories:

- ❖ 2 Minute Minor Penalty
- ❖ 2 Minute Bench Minor Penalties
- ❖ Major Penalties
- ❖ Misconduct Penalties
- ❖ Game Ejection
- ❖ Game Misconduct Penalties
- ❖ Gross Misconduct Penalties
- ❖ Match Penalties/Reckless Endangerment
- ❖ Penalty Shot
- ❖ Accumulation Penalties
- ❖ Minimum Suspensions

b) Any player or team official may be assessed penalties at any time, before, during or after game, when an offence is committed on the ice or off the ice before entering the dressing rooms. Any altercations occurring off the ice must be reported to the Director of Player Safety on the official game report. A player who is assessed any penalty in the pre-game warmup shall automatically have their name placed on the official game sheet and be counted as one of the eligible players.

c) Where the rule states that the manager/coach designate a player to serve a penalty and the manager/coach refuses to, the Referee shall designate any

player of the offending team to serve the penalty that was on the ice at the time of the infraction.

d) Where penalties are assessed to players of both teams at the same time, the penalized players of the visiting team shall take their position in the penalty bench first, in the bench designated for visiting players.

e) When a player is assessed both the 2-minute minor and a 5-minute major/match penalty at the same time, the major penalty shall be served first. When a player is assessed a 2-minute major and a 5-minute major/match penalty, the 2-minute major shall be served before the major or match penalty.

Rule 9 – Calling of Penalties

a) Should an infraction of the rules which would call for a minor, major, misconduct, game misconduct or match penalty be committed by a player of the side in control of the puck, the Referee shall stop play immediately and penalize the offending player.

b) Should an infraction of the rules which would call for a minor, major, misconduct, game misconduct or match penalty be committed by a player of the team not in possession and control of the puck, the Referee shall raise his arm to signal the delayed calling of the penalty. When the team to be penalized gains possession and control of the puck, the Referee will stop play and impose the penalty on the offending player.

c) When a player, trainer, manager, coach, or non-playing club personnel is ejected from the game for a violation of the playing rules, that individual must vacate the players bench area and may not, in any manner, further participate in the game. This includes directing the team from the spectator area. Any violations shall be reported to the Director of Player Safety.

d) If the penalty to be imposed is a 2-minute minor penalty and a goal is scored on the play by the non-offending side, the 2-minute minor penalty shall not be imposed but major and match penalties shall be imposed regardless of whether a goal is scored.

e) If two or more 2-minute minor penalties were to be imposed and a goal is scored on the play by the non-offending side, the penalties will be assessed in the order that they occur on the ice. The 1st of the minor penalties will be washed out with the scoring of the goal. If a 4-minute penalty was to be the 1st penalty call, the 1st minor of the 2 would be washed out and all other penalties assessed in the order of occurrence.

f) When the penalty to be imposed is applicable under a double minor penalty and a goal is scored, 2 minutes of the appropriate penalty will be assessed to the offending player. This will be announced as a double minor for the appropriate foul and the player will serve only two minutes.

g) If when a team is shorthanded by reason of one or more 2-minute minor or bench minor penalties, the Referee signals a further 2-minute minor penalty or penalties to be against the shorthanded team at a goal is scored by the non-offending side before the whistle is blown, then the goal shall be allowed. The penalty or penalties signalled shall be assessed and the first of the minor penalties already being served shall automatically terminate. The major and match penalty shall be imposed in the normal manner regardless of whether a goal is scored.

h) Should a 2-minute minor or bench minor penalty be signalled against a team already shorthanded by reason of a major or match penalty but before the play can be stopped to assess the minor or bench minor penalty, a goal is scored by the non-offending side, the signalled 2-minute minor penalty or bench minor penalty shall not be imposed due to the scoring of a goal.

i) Should a penalty be signalled against the team already shorthanded by reason of one or more 2-minute minor or bench minor penalties, and the signalled penalty would result in the awarding of a penalty shot, but before the Referee can stop played to award the penalty shot, the non-offending team scores a goal, then the signalled penalty that would have resulted in a penalty shot shall be assessed as a 2-minute minor, double minor, major or match penalty. The first of the minor penalties already being served shall automatically terminate.

j) When players are penalized at a stoppage of play to result in one or more penalties being placed on the penalty time clock to one team, the ensuing face-off shall be conducted at one of the two face-off spots in the offending teams end zone. There are four exceptions to this application:
   i. When a penalty is assessed after the scoring of a goal (face-off at centre ice).
   ii. When a penalty is assessed at the end or start of a period (face-off at centre ice).
   iii. When the defending team is penalized, and the attacking players enter the attacking zone beyond the outer edge of the end zone face-off circle-face-off in the neutral zone near the blue line of the defending team. This rule also applies when an icing, an intentional offside, or a high sticking the puck violation by the team of the greater numerical strength of its opponent has occurred (the ensuing face-off is to be in the offending teams defending zone).
   iv. When the team not being penalized ices the puck (face-off in the neutral zone outside the blue line of the team icing the puck).

k) The Referee has the right to stop play immediately in the case of a match penalty. The Referee also has the right to stop play when he deems a serious injury has occurred. The resulting face-off will be where the play was stopped, unless the stoppage occurred in the offending players attacking zone, in which case the face-office to be brought outside the neutral zone.

l) In all cases where the Referee stops play and the resulting face-off location is not specifically covered by any other rules, the face-off location shall take place where the Referee stopped play.

Rule 10 – Delayed Penalties

If a third player of any team shall be penalized while two players of the same team are serving penalties, the penalty time of the third player shall not commence until the penalty time of one of the two players already penalized has elapsed. The third penalized player must at once proceed to the penalty bench. He may be

substituted for on the ice to keep the on-ice strength at no less than three skaters for his team.

a) When any team shall have three players serving penalties at the same time and because of the delayed penalty rule, a substitute for the third offender is on the ice, none of the three penalized players on the penalty bench may return to the ice until play has been stopped. When play has been stopped, the player whose full penalty time has expired may return to the ice.
b) During the play, the penalty timekeeper shall permit the return to the ice of the penalized players, in the order of expiry of their penalties, but only when the penalized team is entitled to have more than four players on the ice. Otherwise, these players must wait until the first stoppage of play after the expiration of their penalties to be released from the penalty bench.
c) When the penalties of two players of the same team will expire at the same time, the Referee(s) shall report the 1st infraction to the penalty timekeeper and any subsequent penalties shall be reported in the order they occur on the ice. The 1st minor penalty reported shall be the 1st player out.
d) When a 5-minute major and 2-minute minor penalty are imposed at the same time on different players of the same team, the penalty timekeeper shall record the minor as being the first of such penalties.
e) In the situation where the Referee has a delayed penalty on a team, and the penalty in question is one of the 2-minute major or 4-minute major penalties, he shall report ALL penalties to the penalty timekeeper, even if a goal is scored. All 2-minute and 4-minute majors must be recorded on the game sheet for the purpose of the 6-minute game ejection rule.

Rule 11 – Accumulation of Penalties

In accordance with HSL/JPHL Policies, the HSL/JPHL will document automatic suspensions for the purpose of possible supplementary discipline. The suspension guideline document is set out in an HSL/JPHL Suspension Appendix.

a) Also included in a separate document from the HSL/JPHL is a minimum suspension appendix. Please refer to that document or contact an HSL/JPHL

representative for clarification. No player or Coach or any ejected personal shall participate in any game or showcase weekend before verbal and written confirmation is received by the Manager of said Team.

Rule 12 – 2 Minute Minor Penalties

a) For a 2-minute minor penalty, any player, except the goaltender, shall be ruled off the ice for two minutes actual playing time, during which time no substitutions shall be permitted.

b) If, while the team is shorthanded because of one or more minor or bench minor penalties, the opposing team scores a goal, the first of such penalties shall automatically terminate.

Note: coincident minor penalties to both teams do not cause either team to be shorthanded. When a goal is scored on a penalty shot against a team that is short-handed by reason of a minor or bench minor penalty, no player of the shorthanded team shall return to the ice with the scoring of a goal.

c) If the Referee awards a goal for any reason, the minor penalty rule is applied.

d) If a goal is scored against a team that is shorthanded because of one or more minor penalties, the player serving the first minor penalty shall return to the ice. In the case of a player who has received a double minor penalty, his first minor penalty shall be terminated.

e) When coincident minor or coincident minors of equal duration are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties, and such penalties shall not be considered for the purpose of the delayed penalty. Any differences in time or total penalty time shall be served by one or more players on the ice at the time of the infraction. Unless they have been ejected from the game, such penalized players shall take their place on the penalty bench and remain there until the first stoppage of play following the expiry of their respective penalties. Where at least one major and or match penalty is assessed to each team during the same stoppage of play, the coincident major/match penalty rules shall take precedence over the coincident minor penalty rule.

f) In all divisions , a game ejection penalty shall be assessed any player that incurs a total of 3 or more stick infraction penalties during the same game. For this rule, high sticking, cross checking, slashing, butt-ending, and spearing are considered stick infractions. Penalized players under this rule shall be ordered to their dressing room.

Rule 13 – Competitive Contact

a) Competitive contact is body contact between two skaters who are in the immediate vicinity of the puck and who are in the normal process of playing the puck. These skaters are reasonably allowed to lean into each other provided possession of the puck remains the sole object of the contact. Competitive contact is encouraged at all age classifications of play with in the HSL and provides the foundation for the skills necessary to advance to bodychecking classifications. Competitive contact occurs when players are focused on gaining possession of the puck and are simply maintaining legally established body position. Physical engagement is when two players who are in pursuit of the puck are allowed to reasonably lean into each other provided that possession of the puck remains the sole objective of the two players. Collisions occur when players are allowed to maintain their established position on the ice. A player shall not be penalized if the intention is to play the puck and in doing so causes a collision with an opponent. No player is required to move out of the way of an oncoming player to avoid an impact. Angling is a legal defensive skill used to direct or control the puck carrier to an area that closes the gap and creates an opening that is too small for the puck carrier. The defensive player may not hit the offensive player by going in the opposite direction to that player or by extending toward the offensive player in an effort to initiate contact. There must be no action where the puck carrier is pushed, hit, or shoved into the boards. Where, in the opinion of the Referee, accidental contact has taken place, no penalty shall be assessed.

b) Contact that occurs between opponents during the normal process of playing the puck, provided there has been no overt hip, shoulder or arm contact to physically force the opponent off the puck will not be penalized. Incidental

contact of two opposing players in pursuit of the puck or position on the ice while moving in the same direction will not be penalized.

c) In division U-12 and below, a 2-minute minor or a 5-minute major penalty for body checking, or a 5-minute major penalty and a game misconduct shall be assessed any player who, in the opinion of the Referee, intentionally body checks, bumps, shoves or pushes any opposing player. If a player is injured, a 5-minute major penalty and game misconduct must be assessed.

d) Key points for an official to call a penalty:
   i. Player intentionally plays the body with no intent to play the puck.
   ii. Player uses hands, forearm, stick, elbow, hips, shoulder, or arms in a violent or intimidating manner to knock another player off their skates or runs them over for the purpose of intimidation.
   iii. Player leaves established skating lane to play the body instead of the puck. A player finishes the check after playing the puck.

e) Key points for not calling a penalty:
   i. Player established his body position between the puck and the opponent using skating ability, balance, or strength.
   ii. Player maintains their established skating lane. Riding off, pinching, or rubbing a player shall be permitted.
   iii. Player angles the opponent into an opening too small.
   iv. When incidental contact occurs because of playing the puck.
   v. A skater is entitled to the ice they occupy so long as they maintain their skating speed and body position between an opponent and the loose puck.
   vi. A skater is entitled to stand their ground and is not required to move if an opponent wishes to skate through that area of the ice.
   vii. A skater may block an opponent so long as they are in front of the opponent and moving in the same direction.

Rule 14 – Body Checking

In the Divisions U13 Major, U13 AAA-U18 we have what is classified as the Body Checking Progressive rule. Hockey is an inherently dangerous game. High speed

collisions intentional or not, can create a lot of ways to injure yourself even without body checking. With bodychecking, improper teaching can make these dangers much worse. Does body checking belong in minor hockey? We believe so. The reason is its incredibly fun, it adds a higher competitive dynamic and, within hockey, it's the end of a growing up process. It's one of many skills in the game, but it becomes a weapon when taught and used improperly. Sometimes the coaches and parents don't connect the dots as to what's an appropriate body check and what's not. They are advocating and coaching the kids to "hit" the other players. They are advised to use their body size, if they are physically bigger, to their advantage. At these ages, there is significant difference in body sizes.

Hitting is becoming less about regaining puck control and puck possession and more about intimidation. It's a behavior that's become accepted and encouraged. The goal is to teach the players to improve their skills and to encourage them to play hard and competitive, but fair and respectful at the same time. We are using the term "hockey play" going forward. Referees will be judging plays on the merit of making a play in which one would "normally make in the game, keeping in mind the mantra of competitiveness and being safe and fair". If a player has the puck he should expect to be legally checked. Pucks in the proximity of players, as long as the players are "making a play on the puck first", potentially some body contact should be expected. In the corners and along the boards, puck battles will be just that. A battle between players to gain possession of the puck. In attempting to gain possession of the puck, some body contact should be expected. When a player "takes advantage of an unsuspecting player" and trades off the body check/contact instead of trying for possession of the puck, this will result in a penalty. All players on the ice must be aware of their surroundings and where they are on the ice. They should not put themselves in a position 2-3 feet away from the boards with their backs to the middle of the ice. They should attack the puck from an angle and angle themselves into the play or bodycheck/contact. As for plays in the middle of the ice, if a defenceman is mirroring a forward, there should not be a North/South hit. In those neutral zone plays; the defenceman is allowed to step up and make a play on a player in possession of the puck. Sometimes a hockey play goes wrong, and

we cannot expect a defenceman in doing his job to immediately stop contact when the attacking player mishandles the puck, misses a puck in “close proximity to him”, or at the last second decides not to play the puck. As long as the defenceman does not make “an over the top” hit or any other play which could be penalized under another rule, the Referees will allow that play.

Responsibilities of the “attacking player’ are to know where your opponents are and to protect yourself at all times.

Responsibilities of the checkers are to know where your players are and where the player with the puck is. You are responsible to make your checks as best possible from an angle to mitigate any hit from behind and allowing the player you’re checking to protect himself, even if he’s a smaller player. You should not attempt to check an opponent whose 2-3 feet off the boards from behind, especially if you see his numbers.

Body checking in hockey is the act of using one’s body to separate an opponent from the puck. It’s not used for intimidation or punishment. It’s also referred to as “playing the body”. A legal body check must be performed above the opponent’s knees and below the neck using either the hip or shoulder. When a player uses his/her body to deliver a hit with the intent of knocking an opponent onto the ice or into the boards, this is an act of malice and against the spirit of the modified checking rule. “Playing the body” as a means of gaining possession of the puck, with the puck being the focus of the play, will forever exist as an untouchable part of our game. The goal of the enforcement standard of the Referees is to create an environment that enhances player skill development by reducing intimidating infractions designed to punish the opponent.

Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage provided they use their body to check the opponent within the rules. Players will be held accountable for acts of an intimidating or dangerous nature.

It is imperative that all players understand the danger of an illegal blow to the head, and that the league office will not tolerate such an incident under any

circumstance. Following are the criteria established by the league to determine an illegal blow to the head.

1. If a player is hit legally, but as a result hits his head on the glass or the boards and is injured, this shall not be construed as a blow to the head, and no penalty or suspension shall be assessed.
2. If a player is hit illegally, for which a penalty is being assessed, and as a result hits his head on the glass or the boards and is injured, this shall be construed as a blow to the head, and a major and game misconduct or match penalty shall be assessed.
3. If a player, because of a difference in the opponent's height, hits the opponent in the head area with a legal check, this shall not be construed as a blow to the head, and no penalty or suspension shall be assessed.
4. If a player ducks to avoid a check or lowers his body in any manner for any reason, in open ice or along the boards, and as a result is hit in the head area with a legal check, this shall not be construed as a blow to the head, and no penalty or suspension shall be assessed.
5. If a player raises his hands, forearm or elbow to hit an opponent in the head area, or deliberately drives his forearm or elbow into the players head in any manner he shall be penalized appropriately with a minor, major and game misconduct or match penalty.

   Accelerating through the check to a player who is vulnerable or in a defenseless position off the boards resulting in the opponent going dangerously into the boards will be penalized. An opponent who finishes the check high with arm extension that violently throws his opponent into the boards or for the purpose of punishing the opponent will also be penalized.
6. Should a player deliver a hit to the head area of an opponent who was in a vulnerable position, he shall be assessed a minor, major in the game misconduct, or a match penalty for charging. A player is considered to be vulnerable in regards to:

- Blind side hit – If he is hit in the head with a blind side check from the side. Any bodycheck from the front is not considered to be a blind side check, even if the player has his head down.
- Late hit – If he does not have control of the puck or has passed the puck or lost control of the puck for enough time that the opponent could play the puck or follow the movement of the puck as opposed to hitting the unsuspecting player.
- Cheap hit – If he is defenseless while down on the ice and the opponent deliberately makes contact in any manner with his head area.

a) A 2-minute minor penalty, 5-minute major penalty, or a 5-minute major and game misconduct, at the discretion of the Referee, shall be assessed any player guilty of an illegal body check.

b) A match penalty shall be assessed any player guilty of an illegal body check that recklessly endangers his opponent.

Rule 15 – Body Contact Progressive Rule

In the U8 – U12 Divisions which allow body contact where we use the body contact progressive rule, these are the things that the Referees will be looking for in the context of body contact:

i. Is this a good hockey play?
ii. Is it a collision?
iii. Is this a play in which one would normally make in the game of hockey, keeping in mind competitiveness and being safe and fair?
iv. Pucks in the proximity of players, as long as the players are making a play to the puck first, body contact may happen, but in this instance will not be penalized.
v. In the corners and along the boards, puck battles will be just that, a battle between players to gain possession of the puck. In attempting to gain possession of the puck, body contact should be expected. When a player takes advantage of an unsuspecting player and trades off the body check instead of trying for possession of the puck, this will result in a penalty.

vi. Plays in the middle of the ice, if a defenseman is mirroring a forward, there should be no instance of a North/South hit. In such neutral zone plays, the defensemen are allowed to step up and make a play on a player in possession of the puck. We cannot expect the defensemen in doing his job to immediately stop contact when an attacking player mishandles the puck, misses a puck in close proximity to him, or at the last second chooses not to play the puck. As long as the defensemen does not make an over-the-top hit or any other play which could be penalized under a different rule, we are allowing this play.

vii. A 2-minute minor penalty, or 5-minute major penalty, 5-minute major and a Game Misconduct, at the discretion of the Referee, shall be assessed any player guilty of an illegal body check.

viii. A match penalty shall be assessed any player guilty of recklessly endangering an opponent with an illegal body check.

Rule 16 – Late Avoidable Body Check or Body Contact

A late avoidable bodycheck or body contact is any avoidable check or contact delivered to a player who is no longer in control of the puck. An avoidable check or contact is when the player delivering the check or contact has an opportunity to avoid contact or minimize contact, once it is realized the opponent no longer has control of the puck. The concept of “finishing the check” is an unacceptable action as it is one that is meant to intimidate or punish the opponent with no intent to gain possession of the puck. The responsibility is on the player delivering the check or contact to avoid forceful contact (minimize impact) to a vulnerable or defenseless player who is no longer in control of the puck. A late hit is defined as a body check or body contact delivered to a skater who is in a vulnerable position because of not being in control or possession of the puck anymore. Any player guilty of administering a late hit will be assessed a penalty for “late hit”. It can be a 2-minute minor penalty if the opponent is aware of the impending contact. A 5-minute major penalty or a 5-minute major penalty and game misconduct, at the discretion of the Referee, will be assessed for a late hit against an unsuspecting

opponent. A match penalty shall be assessed to any player who recklessly endangers their opponent on the play.

Rule 17 – Body Checking North/South Hit

a) When a player skates in a direct line of an opposing player without establishing an angle and is skating in the opposite direction of his opponent and plays the body with no effort to play the puck, he will be assessed a 2-minute major penalty for Body Checking North/South hit.

b) A player can plant their feet and step up on an opponent with a body check along the boards or in open ice to defend their space in the context of playing the puck when initially moving backwards or in quick transition only in close proximity. The player will however be penalized when planting their feet and or skating forward two to three strides in a direct line of the opposing player before making contact. Any bodycheck must be in the context of playing the puck and not for the purpose of punishment or intimidation.

c) A 2-minute major penalty, 5-minute major or 5-minute major and a game misconduct, at the discretion of the Referee, shall be assessed any player guilty of a North/South hit. A match penalty shall be assessed to any player who recklessly endangers their opponent with a North/South hit.

Rule 18 – Body Checking 3rd Man Rule

a) When two players are physically engaged for control of the puck along the boards, they are vulnerable and defenseless. Any bodycheck delivered by a skater to an opponent who is physically engaged with another skater is considered dangerous, careless, or reckless and must be penalized accordingly. If the third man plays the body without any regard for the puck, that player will be assessed a 2-minute penalty for body checking 3rd man.

b) A 2-minute major penalty, a 5-minute major or 5-minute major and game misconduct, at the discretion of the Referee, shall be assessed any player guilty of body checking 3rd man. A match penalty may be assessed on a player who recklessly endangers their opponent with a 3rd man bodycheck.

Rule 19 – 2 Minute Bench Minor Penalties

A 2-minute bench minor penalty requires the team against which the penalty is assessed to play a man short for a period of two minutes of actual playing time.

a) Whenever a bench minor penalty is to be assessed according to the rules, if the player guilty of the actual infraction, including players in the penalty box, are identified by the Referee, that player shall serve the penalty. However, if the player is not identified, then the manager/coach of the penalized team shall designate any player of their team on the ice at the time of the infraction to serve the penalty.
b) All team personnel behind the bench must be recorded on the game sheet. If one of the named people on the bench receives a bench minor or a game misconduct, his name must be recorded on the penalty timesheet. If the Referee is unable to get the offending person's name from either the coach or playing personnel, the team shall receive a bench minor penalty in addition to whatever other penalties that individual incurred. Also, the Referee shall report such incident to the RIC following the conclusion of the game.

Rule 20 – Boarding

A 2-minute minor penalty for boarding penalty shall be imposed on any player who checks or pushes a defenceless opponent in such a manner that causes the opponent to hit or impact the boards violently or dangerously. The severity of the penalty, based upon the impact with the boards, shall be at the discretion of the Referee.

A 5-minute major penalty or 5-minute major and a game misconduct penalty shall be assessed to any player who accelerates through the check to a player who is vulnerable or defenceless, or driving an opponent excessively into the boards with no focus on or intent to play the puck or any check delivered for the purpose of punishment or intimidation that causes the opponent to go unnecessarily and excessively into the boards.

a) The onus is on the player applying the check to ensure his opponent is not in a defenceless position and if so, he must avoid or minimize contact. However,

and determining whether such contact could have been avoided, the circumstances of the check, including whether the opponent put himself in a vulnerable position immediately prior to or simultaneously with the check or whether the check was unavoidable can be considered. This balance must be considered by the officials when applying this rule.

b) Any unnecessary contact with the player playing the puck on an obvious icing or an offside play which results in that player hitting or impacting the boards is boarding and must be penalized as such. In other instances where there is no contact with the boards, it should be treated as charging.

c) A 5-minute major and game misconduct shall be assessed for a foul resulting in an injury to the face or head of an opponent.

d) The Referee shall assess a match penalty for an infraction under this rule for any player who recklessly endangers their opponent by boarding.

Rule 21 – Charging

A charging penalty shall be imposed on a player who skates or jumps into, or charges an opponent in any manner. Charging shall mean the actions of a player who, as a result of distance traveled, shall violently check an opponent in any manner. A charge may be the result of a check into the boards, into the goal frame or in open ice. Should both of the players skates clear leave the ice prior to contact with the opponent, or should the player elevate to levy a hit, it shall be considered a charge.

If a player body checks an opponent in open ice from the blind side with significant force, without contact to the head, it shall be classified as charging.

If a player builds up a significant amount of speed, and then body checks an opponent on the boards even if he's not striding when contact is made, it shall be classified as charging.

If a player builds up a significant amount of speed and attempts to body check an opponent on the boards and only partially hits the player or misses him completely, it shall be classified as charging.

If a player skates leave the ice or the player elevates as he delivers a body check, even if he misses or there is only minimal contact, it shall be classified as charging.

A charge may be the result of a check into the boards, into the goal frame or in open ice.

a) A 2-minute minor or a 5-minute major penalty, based on the degree of violence of the check shall be imposed on a player who skates or jumps into or charges an opponent in any manner.
b) A 5-minute major penalty and game misconduct shall be imposed under this rule for a foul resulting to an injury to the face or head of an opponent.
c) A 5-minute major and a game misconduct shall be imposed on a player who charges a goalkeeper while the goalkeeper is within his goal crease. If an injury occurs, a match penalty shall be assessed.
d) A goalkeeper is not fair game just because he is outside of the goal crease area. The appropriate penalty should be assessed in every case where an opposing player makes unnecessary contact with the goalkeeper. Incidental contact, at the discretion of the Referee, will be permitted when the goalkeeper is in the act of playing the puck outside his goal crease providing the attacking player has made a reasonable effort to avoid such contact. Referees should be alert to penalize goaltenders for infractions in the vicinity of the goal crease area.
e) The Referee will assess a match penalty to the player who recklessly endangers their opponent by charging.

Rule 22 – Checking from Behind

A check from behind is a check delivered on a player who is not aware of the impending hit, therefore unable to protect or defend himself, and the contact is made on the back part of the body. When a player intentionally turns his body to create contact with his back, no penalty shall be assessed.

a) Checking from behind entails that the contact with the player being checked takes place on the back part of the body.

b) A 2-minute minor or a 5-minute major penalty, at the discretion of the Referee, based on the degree of violence of the impact, shall be assessed any player who intentionally pushes, body checks, or hits an opposing player from behind anywhere on the ice. If the player being checked is unable to get his/her hands up to protect themselves, the Referee will access the major penalty.

c) A 5-minute major penalty and game misconduct shall be assessed any player who injures an opponent with a check from behind.

d) Where a player about to be checked turns and, as a result, creates contact with the back, a 2-minute minor or a 5-minute major penalty may be assessed to the player delivering the check.

e) The intent of this interpretation is not to penalize a player who comes up behind an opponent in the process of playing the puck and he makes unintentional contact with the back part of the body of the player being checked.

f) A match penalty shall be assessed any player who recklessly endangers their opponent by checking from behind.

Rule 23 – Clipping

Clipping is the act of throwing the body, from any direction, across or below the knees of an opponent. A player may not deliver a check in a clipping manner, nor lower his own body position to deliver a check on or below an opponent's knees.

a) An illegal low hit is a check that is delivered by a player who may or may not have both skates on the ice, with the sole intent to check the opponent around the knees. A player may not lower his body position to deliver a check to an opponent's knees.

b) A player who commits these fouls will be assessed a 2-minute minor penalty for clipping.

c) A match penalty shall be assessed to any player who recklessly endangers or injures their opponent by clipping.

Rule 24 – Elbowing

Elbowing shall mean the use of an extended elbow in a manner that may or may not cause an injury.

a) The Referee may assess a 2-minute minor penalty to a player guilty of elbowing an opponent.
b) A 5-minute major penalty or a 5-minute major and game misconduct, at the discretion of the Referee, shall be imposed on any player who uses his elbow to foul an opponent. A 5-minute major penalty and game misconduct must be imposed under this rule for a foul resulting to an injury to the face or head of an opponent.
c) The Referee shall assess a match penalty to any player who recklessly endangers their opponent by elbowing.

Rule 25 – Illegal Check to the Head

Any body check, including lateral, blind side, or from the front to an opponent where the head is a principal point of contact is not permitted.

A lateral or blind side body check is deemed to be from a checking player whose original direction to the opponent is from outside the 90-degree area that is classified as from the front.

Should the opponent turn so that the checking player is now arriving from the outside the 90-degree area, the body check will still be deemed to be from the front.

If there is minimal contact with the opponent's head, a minor penalty for illegal check to the head shall be assessed.

An automatic match penalty for illegal check to the head shall be assessed if an injury occurs or if the contact to the head of the opponent is of significant impact.

The referee may assess a match penalty if, in his judgment, the player attempted to or deliberately injured his opponent with an illegal check to the head.

If the principal point of contact is with the body, and the body check is from the front resulting in minimal contact with the head area, this body check shall not be penalized.

A player should be a participant in his own safety. Keeping this in mind, a player carrying the puck and skating with his head down can still be legally body checked from the front. This body check, provided that there is minimal contact with the head area, deems the body to be the principal point of contact, and not shall not be penalized.

If a player uses his shoulder including the upper arm area to deliver a check to the opponent's head area, an illegal check to the head penalty shall be assessed. If the contact to the head of the opponent causes injury, a major in game misconduct shall be assessed for illegal check to the head.

Even if there is no injury, if the contact of the head of the opponent is of significant impact, a match penalty shall be assessed for illegal check to the head.

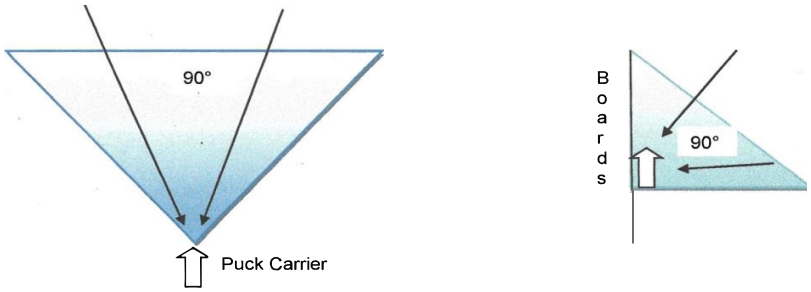
A hit resulting in contact with an opponent's head where the head was the main point of contact and such contact to the head was avoidable is not permitted. The onus is on the player delivering the check to avoid placing a vulnerable or defenceless opponent in danger of potential injury.

a) In determining whether contact with an opponent's head was avoidable, the circumstances of the hit shall be considered:
    i. Whether the player attempted to hit squarely through the opponent's body and the head was not picked because of poor timing, poor angle of approach, or unnecessary extension of the body up and outward.
    ii. Whether the opponent put himself in a vulnerable position by assuming a posture that made head contact on an otherwise full body check unavoidable.
    iii. Whether the opponent materially changed the position of his body or head immediately prior to or simultaneously.
    iv. With the hit in a way that significantly contributed to the head contact.
b) For a violation of this rule, a 2-minute minor penalty shall be assessed.

c) The Referee will assess a match penalty to any player who recklessly endangers their opponent because of head contact with an illegal check to the head.

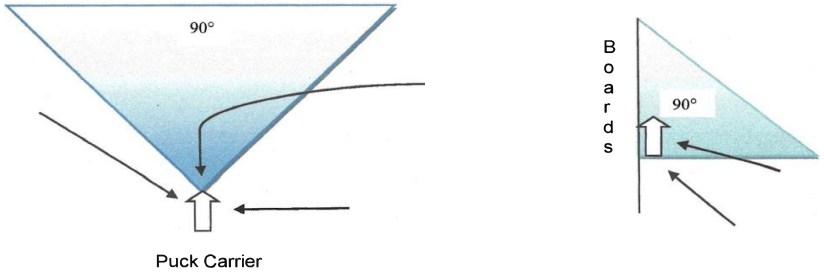
CHART FOR LEGAL OR ILLEGAL (BLIND-SIDE) HITS

LEGAL HITS



All body checks originating from within the 90° area, provided they are with the shoulder and are legal in all other aspects including the principle point of contact being with the body of the opponent, shall not be penalized.

ILLEGAL (BLIND-SIDE) HITS



All body checks when the head of the puck carrier is the principle point of contact, are deemed as illegal and shall be penalized with a minor or a match penalty for Illegal Check to the Head.

Rule 26 – Kneeing

Kneeing is the act of a player leading with his knee and in some cases extending his leg outwards to contact his opponent.

a) The Referee may assess a 4-minute minor to a player guilty of kneeing an opponent.

b) The Referee shall assess a match penalty to a player who recklessly endangers their opponent by kneeing.

Rule 27 – Roughing

Roughing is a punching motion with a hand or fist, with or without the glove on the hand, normally directed at the head or face of an opponent.

a) Roughing is a minor altercation that is not worthy of a major penalty to either participant (an altercation is a situation involving 2 players with at least 1 to be penalized).
b) A 2-minute minor penalty shall be assessed on a player who strikes an opponent with his hand or fist.
c) If a goalkeeper uses his blocking or catching glove to punch an opponent in the head or face area or deliberately injures an opponent, a match penalty must be assessed.
d) Any player who does not retaliate after being struck will not be assessed a penalty under this section but may be assessed a penalty for a violation of other rules.

Rule 28 – Cross-Checking

The action of using the shaft of the stick between the two hands to forcefully check an opponent.

a) A 2-minute minor penalty shall be imposed on a player who cross checks an opponent.
b) A 5-minute major penalty or a 5-minute major penalty and a Game Misconduct, based on the severity of the contact, shall be imposed on a player who cross checks an opponent.
c) Any player who strikes an opponent above the normal height of his shoulders with a cross check shall incur a 5-minute major penalty and game misconduct.
d) A 5-minute major penalty and game misconduct shall be assessed any player who cross checks a goaltender while he is in his crease.
e) The Referee shall assess a match penalty to a player who recklessly endangers their opponent by cross checking.

Rule 29 – High-Sticking

A high stick is one which is carried above the height of the opponent's shoulders. Players must be in control and responsible for their stick. A wild swing at a bouncing puck would not be considered a normal windup or follow through and any contact to an opponent above the height of the shoulders shall be penalized accordingly.

a) Any contact made by a stick on an opponent above the shoulders is prohibited and a 2-minute minor penalty shall be imposed.
b) A 2-minute minor penalty or a 5-minute major penalty and a game misconduct shall be assessed any player who checks or intimidates an opponent while carrying his stick above the shoulder of his opponent.
c) The Referee will be granted a wide latitude of judgement to differentiate between the calling of a major penalty or a match. The distinction is whether the play in question was made in the spirit of competition and it's a play gone bad, or a situation of intimidation or in response to a previous incident.
d) A match penalty shall be assessed any player who recklessly endangers their opponent with a high stick.
e) An apparent goal scored by an attacking player who strikes the puck with his stick carried above the height of the crossbar of the goal frame shall not be allowed. The determining factor is where the puck contacts the stick. If the puck contacts a stick at or below the level of the crossbar an enters the goal, this goal shall be allowed. A goal scored by a defending player who strikes the puck with his stick carried above the height of the crossbar of the goal frame shall be allowed.

Rule 30 – Hooking

Hooking is the act of using the stick in a manner that enables a player to restrain an opponent. When a player is checking another in such a way that there is only stick to stick contact, such action is not to be penalized as hooking.

a) A 2-minute minor penalty shall be imposed on a player who impedes or seeks to impede the progress of an opponent by hooking with his stick. The penalty

shall be assessed to any player who uses the shaft of his stick above the upper hand to hold or hook an opponent.

b) A 5-minute major penalty and game misconduct shall be imposed on any player who injures an opponent by hooking.

Rule 31 – Slashing

Slashing is the act of a player swinging his stick at an opponent, whether contact is made or not. Non- aggressive stick contact to the pant or front of the shin pads, should not be penalized as slashing. Any forceful or powerful chop with the stick on an opponent's body, the opponents stick, or on or near the opponent's hands that is not an attempt to play the puck, shall be penalized as slashing.

a) A 2-minute minor for slashing shall be assessed any player who swings their stick at an opponent, whether out of range or not, without striking them, or who, on the pretext of playing the puck, makes a wild swing at the puck with the object of intimidating their opponent.

b) A 2-minute minor penalty shall be imposed on a player who slashes an opponent. This also includes any player who impedes or seeks to impede the progress of an opponent by slashing with their stick.

c) A 5-minute major penalty and game misconduct, at the discretion of the Referee based on the severity of the contact, shall be imposed on a player who slashes an opponent. When injury occurs, the 5-minute major and game misconduct must be assessed.

d) The Referee shall assess a match penalty to a player who recklessly endangers their opponent by slashing.

f) The Referee will be granted a wide latitude of judgement to differentiate between the calling of a major penalty or a match. The distinction is whether the play in question was made in the spirit of competition and it's a play gone bad, or a situation of intimidation or in response to a previous incident.

Rule 32 – Holding

Any action by a player that restrains or impedes the progress of an opposition player whether he is in possession of the puck.

a) A player is permitted to use his arm in a strength move, by blocking his opponent, provided he has body position and is not using his hands in a holding manner, when doing so.
b) A 2-minute minor penalty shall be imposed on a player who holds an opponent by using his arms, hands, or legs.
c) A player is not permitted to hold an opponent's stick. A 2-minute minor penalty shall be assessed to a player who holds an opponent's stick. A player is permitted to protect himself by defending against an opponent's stick. He must immediately release the stick and allow the player to resume normal play.
d) A 5-minute major penalty and a game misconduct shall be assessed any player who injured an opponent by holding.

Rule 33 – Interference

A strict standard on all acts of interference must be adhered to in all areas of the rink: A player cannot use their body (pick or block) to impede the progress of an opponent with no effort to play the puck, maintain normal foot speed or established skating lane. Examples include:

If a player body checks an opponent after he has passed or played the puck, contact must be made immediately or it will be considered as a late hit and classified as interference.

If a player body checks an opponent with significant force who is engaged with another player in a puck battle where there is no clear possession of the puck by either player, the opponent is therefore considered vulnerable, it shall be classified as interference.

If a player body checks down on an opponent with significant force who is reaching for a loose puck, the opponent is therefore considered vulnerable, it shall be classified as interference.

- Intentionally physically engaging with an opponent who does not have possession or control of the puck.

- Using the body to establish a pick or block that prevents an opponent from being able to chase a puck carrier.
- Reducing foot speed or changing an established skating lane for the purpose of impeding an opponent who is in pursuit of the puck.
    i. Body Position:
        a. Body position shall be determined as the player skating in front of or beside his opponent, traveling in the same direction.
        b. A player is allowed the ice he is standing on and is not required to move to let an opponent proceed. A player may block the path of an opponent provided he is in front of his opponent and moving in the same direction. Moving laterally and without establishing body position and contacting the non-puck carrier is not permitted and will be penalized as interference. A player is always entitled to use his body position to lengthen an opponent's path to the puck, provided his stick is not utilized or makes himself bigger and therefore considerably lengthen the distance his opponent must travel to get where he is going. He cannot use his free hand and he cannot take advantage of his body position to deliver an otherwise illegal check.
    ii. Possession of the puck:
        a. The last player to touch the puck (other than the goalkeeper) shall be considered the player in possession. The player deemed in possession of the puck may be checked legally, provided the check is rendered immediately following the loss of possession.
    iii. Restrain:
        a. The actions of a player who does not have body position, but instead uses illegal means (hook with stick, hold with hands, trip with a stick or in any other manner) to impede an opponent who is not in possession of the puck. Illegal means are acts which allow a player or goalkeeper to establish, maintain or restore body position other than by skating.
    iv. Pick:

a. A “pick” is the action of a player who checks an opponent who is not in possession of the puck and is unaware of the impending check or hit. A player who is aware of an impending hit, not deemed to be a legal “battle for the puck”, may not be interfered with by a player or goalkeeper delivering a “pick”. The player delivering a “pick” is one who moves into an opponent's path without initially having body position, thereby taking him out of the play. When this is done an interference penalty shall be assessed.

v. Free hand:

a. When a free hand is used to hold, pull, tug, grab or physically restrain an opponent from moving freely, this must be penalized as holding. The free hand may be used by a player to “fend off” an opponent or his stick but may not be used to hold an opponent’s stick or body.

vi. Stick:

a. A player who does not have body position on his opponent, who uses his stick (either the blade or the shaft, including the butt end of the shaft) to impede or prevent his opponent from moving freely on the ice shall be assessed a hooking penalty.

a) A 2-minute minor penalty shall be imposed on a player who restrains an opponent who is attempting to forecheck.

b) A 2-minute minor penalty shall be imposed on an attacking player who deliberately checks a defensive player, including the goalkeeper, who is not in possession of the puck.

c) A 2-minute minor penalty shall be imposed on a player who shall cause an opponent who is not in possession of the puck to be forced offside, causing a stoppage of play.

d) A 2-minute minor penalty shall be imposed on a player who deliberately knocks a stick out of an opponent's hand, or who prevents a player who has dropped his stick or any other piece of equipment from regaining possession of it.

e) A 2-minute minor penalty shall be imposed on a player who knocks or shoots any abandoned or broken stick or illegal puck or other debris towards an opposing puck carrier in any manner that could cause him to be distracted.

f) A 2-minute minor penalty shall be imposed on any identifiable player on the players bench or penalty bench who, by means of his stick or his body, interferes with the movements of the puck or any opponent on the ice during the progress of play. In addition, should a player about to come on to the ice, play the puck while one or both skates are still on the players or penalties bench, a 2-minute minor penalty for interference shall be assessed.

g) The Referee may assess a 5-minute major penalty based on the degree of violence, to the player guilty of interfering with an opponent.

h) When a player in control of the puck in the neutral zone or the attacking zone and having no other opponent to pass other than the goalkeeper is interfered with by a stick or any part thereof or any other object or piece of equipment thrown or shot by any member of the defending team including the coach or non-playing club personnel, a penalty shot shall be awarded to the non-offending team. When a coach or non-playing club personnel is guilty of such an act, he shall automatically be assessed a game misconduct and ordered to the dressing room and the matter will be reported to the RIC.

i) If, when the goalkeeper has been removed from the ice, any member of his team, including the goalkeeper not legally on the ice, including the coach or a non-club non playing club personnel, interferes by means of his stick, body or any other object or piece of equipment with the movements of the puck or opposing player in the neutral zone or attacking zone, the Referee shall immediately award a goal to the non-offending team. When a coach or non-playing club personnel is guilty of such an act, he shall be assessed a Game Misconduct, ordered to the dressing room and the matter reported to the Director of Player Safety.

Rule 34 – Tripping

A player shall not place the stick, knee, foot, arm, hand, or elbow in such a manner that causes his opponent to fall or trip. Accidental trips which occur simultaneously

with the completed play will not be penalized. Accidental trips occurring simultaneously with or after a stoppage of play will not be penalized.

a) A 2-minute minor penalty shall be imposed on any player who shall place his stick or any portion of his body in such a manner that it shall cause his opponent to trip and fall. If injury results, a 5-minute major penalty shall be assessed.

b) When a player, in the neutral or attacking zone, in control of the puck, or who could have obtained possession and control of the puck and having no other opponent to pass than the goalkeeper, is tripped or otherwise fouled from behind, thus preventing a reasonable scoring opportunity, a penalty shot shall be awarded to the non-offending team. Nevertheless, the Referee shall not stop play until the attacking team has lost possession of the puck to the defending team. The intention of this rule is to restore a reasonable scoring opportunity which has been lost. If, however, the player fouled can recover and obtain a reasonable scoring opportunity, or a teammate is able to gain a reasonable scoring opportunity, no penalty shot should be awarded but the appropriate penalty should be signalled and assessed if a goal is not scored on the play.

c) Control of the puck means the act of propelling the puck with the stick, hand or feet. If while it is being propelled, the puck is touched by another player or his equipment, or hits the goal or goes free, the player shall no longer be considered in control of the puck.

d) For a penalty shot to be awarded to a player being fouled from behind, the following four criteria must have been met:
    i. The infraction must have taken place in the neutral or attacking zone (over the puck carriers' blue line).
    ii. The infraction must have been committed from behind.
    iii. The player in possession and control (or in the judgment of the Referee, the player clearly would have obtained possession and control of the puck) must have been denied a reasonable chance to score. The fact that the player got a shot off does not automatically eliminate this play from

the penalty shot consideration criteria. If the foul was from behind and the player was denied a more reasonable scoring opportunity due to the foul, then the penalty shot should still be awarded.

iv. The player in possession and control (or in the judgment of the Referee, the player clearly would have obtained possession and control) must have no opposing player between himself and the goalkeeper.

e) If a player contacts the puck 1st and subsequently trips the opponent in doing so, no penalty or penalty shot shall be awarded.

f) If, when the opposing goalkeeper has been removed from the ice, a player in control of the puck, or who could have obtained possession and control of the puck in the neutral or attacking zone is tripped or otherwise fouled with no opposition between him and the opposing goal, thus preventing a reasonable scoring opportunity, the Referee shall immediately stop play and award a goal to the attacking team.

SECTION THREE – OTHER FOULS

Rule 35 – Delay of Game

A player or a team may be penalized when, in the opinion of the Referee, is delaying the game in any manner.

A 2-minute minor penalty shall be imposed on any player, including the goalkeeper, who holds, freezes, or plays the puck with his stick, skates, or body in such a manner as to deliberately cause a stoppage of play. Regarding a goaltender, this rule applies outside of his goal crease area.

A 2-minute minor penalty shall be assessed to any player or goalkeeper who shoots or bats the puck out of the playing surface with their stick during a stoppage of play.

a) No penalty will be assessed if a player shoots the puck directly over the boards at the players benches but not over the protective glass behind the players benches.

b) No penalty will be assessed if a player shoots the puck directly over the boards at any areas of the rink without protective glass directly over the boards.

c) When the puck goes out of the playing area directly off a face-off, no penalty is assessed.

d) Any player who leaves their players bench to deliver instructions to their teammates and does not remain on the ice as a substitute will be assessed a 2-minute minor penalty.

e) A 2-minute minor penalty shall be imposed on any player who delays the game by deliberately displacing a goalpost from its normal position. The Referee shall stop play immediately when the offending team gains control of the puck. If a goalpost is deliberately displaced by a defending player, prior to the puck crossing the goal line between the normal position of the goal posts, the Referee shall assess a minor penalty for delaying the game if the attacking player has not yet taken the shot or is in the act of taking a shot into the open net.

f) When the net is accidentally displaced by an attacking player, and the defending side is in control of the puck and moving out of their zone, play shall be permitted to continue until such time as the non-offending team loses control of the puck. The resulting face-off will take place at a face-off dot in the zone nearest the location where the play was stopped, unless it is in the non-offending teams defending zone, and as such the ensuing face-off would be outside the blue line at one of the face-off dots in the neutral zone. It is possible for a goal to be scored at one end of the rink while the net at the other end has been dislodged, provided that the team being scored upon is the team responsible for dislodging the net at the other end of the rink.

g) A 2-minute minor penalty shall be imposed on a player other than the goaltender who deliberately falls on or gathers the puck into his body. Any player who drops to his knees to block a shot should not be penalized if the puck is shot under him or becomes lodged in his clothing or equipment but any use of the hands to make the puck unplayable should be penalized promptly.

h) If a goalkeeper comes out of his crease to cut down the angle on a shot and after making the save covers the puck, this shall be legal. If the goalkeeper races out of his crease to beat the attacking player to the puck and instead of playing the puck jumps on the puck causing a stoppage of play, this shall be a 2-minute minor penalty for delay of game.

i) A 2-minute minor penalty shall be imposed on a goalkeeper who, when he is in his own goal crease, deliberately falls on or gathers the puck into his body or holds or places the puck against any part of the goal in such a manner as to cause a stoppage of play unless he's being checked by an opponent.

j) Play shall not be stopped, nor the game delayed by reasons of adjustments to clothing, equipment, skates, or sticks. For an infringement of this rule, a 2-minute minor penalty shall be given. No penalty should be assessed when a water bottle is delivered to a goalkeeper. This should be conducted during timeouts and if it's being done to intentionally delay the game, a 2-minute minor penalty may be assessed.

k) No delay shall be permitted for the repair or adjustment of a goalkeeper's equipment. If adjustments are required, the goalkeeper shall leave the ice and his place shall be taken by the substitute goalkeeper immediately. For an infraction of this rule by goalkeeper, a 2-minute minor penalty shall be imposed.

l) A 2-minute bench minor penalty shall be imposed upon any team which, after a warning by the Referee to place the correct number of players on the ice and commence play, fails to comply with the Referee’s direction and thereby causes any delay by making additional substitutions, including, but not limited to, continually substituting goalkeepers for the purpose of stalling or delaying the game, by persisting and having its players offside, or in any other manner.

m) If the goal post is deliberately displaced by a goalkeeper or player during a breakaway, a penalty shot will be awarded to the non-offending team, which shot shall be taken by the player last in possession of the puck.

n) If by reason of insufficient time in the regular playing time or by reason of penalties already imposed, the minor penalty assessed to a player for deliberately displacing his own goal post cannot be served in its entirety

within the regular playing time of the game or at any time in overtime, a penalty shot shall be awarded against the offending team.

o) If the goalpost is displaced, either deliberately or accidentally, by a defending player, prior to the puck crossing the goal line between the normal position of the goal post, the Referee may award a goal. To award a goal in this situation, the goal post must have been displaced by the actions of a defending player, the puck must have been shot, or the player must be in the act of shooting at the time the goal post being displaced, and it must be determined that the puck would have entered the net between the normal position of the goal posts.

p) When the goal post has been displaced deliberately by a defending team when their goalkeeper has been removed for an extra attacker thereby preventing an impending goal by the attacking team, the Referee shall award a goal to the attacking team.

q) The goal frame is considered to be displaced if one or both goal pegs are no longer in their respective holes in the ice or the net has come completely off one or both pegs prior to or as the puck enters the goal.

Rule 36 – Embellishment

Any player who blatantly dives, embellishes a fall or a reaction, or who feigns an injury shall be penalized with a 2-minute minor penalty under this rule.

a) A goalkeeper who deliberately initiates contact with an attacking player other than to establish position in his crease, or who otherwise acts to create the appearance of other than incidental contact with an attacking player, is subject to the assessment of a 2-minute minor penalty for embellishment.

b) A 2-minute minor penalty shall be imposed on a player who attempts to draw a penalty by his actions, embellishment.

Rule 37 – Handling the Puck

a) A player shall be permitted to stop or bat a puck in the air with his open hand, or push it along the ice with his hand, and the play shall not be stopped unless he has deliberately directed the puck to a teammate, or has allowed his team

to gain an advantage, in any zone other than the defending zone, in which case play shall be stopped and a face-off conducted. Play will not be stopped for any hand pass by players in their own defending zone.

b) A player shall be permitted to catch the puck out of the air but must immediately place it or knock it down to the ice. If he catches it and skates with it, either to avoid a check or to gain a territorial advantage over his opponent, a 2-minute minor penalty shall be assessed for closing his hand on the puck.

c) Anytime a player places his hand over the puck while it is on the ice to conceal it from or prevent an opponent from playing the puck, a 2-minute minor penalty shall be assessed for closing his hand on the puck. When this is done in his team's goal crease area, a penalty shot shall be assessed, or a goal awarded.

d) No defending player, except the goalkeeper, will be permitted to fall on the puck, hold the puck, pick up the puck, or gather the puck into his body or hands when the puck is within the goal crease. For infringement of this rule, play shall immediately be stopped, and a penalty shot shall be ordered. No other penalty shall be given. The rule shall be interpreted so that a penalty shot will be awarded only when the puck is in the goal crease at the instant the offence occurs. However, in cases where the puck is outside the crease, delay of game may still apply and a 2-minute minor penalty may be imposed, even though no penalty shot is awarded. The significant factor when determining whether a penalty shot is warranted is the location of the puck at the time it was held, grabbed, or gathered into the body. If the puck is in the crease, penalty shot. If the puck is outside the crease and gathered into the body of a player other than the goalkeeper who is inside the crease, 2-minute minor penalty.

e) A 2-minute minor penalty shall be imposed on a player who, while plays in progress, picks up the puck off the ice with his hand.

f) A goalkeeper shall be assessed a 2-minute minor penalty when he deliberately holds the puck in any manner which, in the opinion of the Referee, causes an unnecessary stoppage of play.

g) A goalkeeper shall be assessed a 2-minute minor penalty when he throws the puck forward towards the opponent's net. In the case where the puck is thrown forward by a goalkeeper and is picked up by an opponent, the Referee shall allow the resulting play to be completed, and if a goal is scored by the non-offending team, it shall be allowed an no penalty given. If a goal is not scored a minor penalty shall be imposed against the goalkeeper.

h) A goalkeeper shall be assessed a 2-minute minor penalty when he deliberately drops the puck into his pads or onto the goal net.

i) A goalkeeper shall be assessed a 2-minute minor penalty when he deliberately piles up snow or obstacles at or near his net that, in the opinion of the Referee, would tend to prevent the scoring of a goal.

j) If a defending player, except the goalkeeper, while play is in progress, falls on the puck, holds the puck, picks up the puck, or gathers the puck into his body or hands from the ice in the goal crease area, the play shall be stopped immediately, and a penalty shot shall be awarded.

k) When a goalkeeper, prior to proceeding to his players bench to be replaced by an extra attacker, intentionally leaves his stick or other piece of equipment, piles snow or other obstacles at or near his net that would tend to prevent the puck from entering the net, a goal shall be awarded. To award a goal in this situation, the goaltender must have been replaced by an extra attacker, otherwise a 2-minute minor penalty shall be assessed.

l) If a player, when the goalkeeper has been replaced for an extra attacker, falls on the puck, holds the puck, picks up the puck, or gathers the puck into his body or hands from the ice in the goal crease area, the play will be stopped immediately, and a goal awarded.

m) A goal cannot be scored by an attacking player who bats or directs the puck with his hand into the net. This also applies to an attacking player who bats or directs the puck, and it is deflected into the net off any player, goalkeeper or official. When the puck enters the net on a clear defection off a glove, the goal shall be allowed.

Rule 38 – Protection of the Goalkeeper

A 2-minute minor penalty for goaltender interference shall be imposed on a player who, by means of his stick or his body, interferes with or impedes the movements of the goaltender by actual physical contact. The penalty should be announced as goaltender interference.

a) The last player to touch the puck (other than the goaltender) shall be considered the player in possession.
b) The goaltender is not fair game just because he is outside the goal crease. A 2-minute minor or 5-minute major penalty, at the discretion of the Referee, shall be called where an opposing player makes unnecessary contact with the goaltender. Referees should also be alert to penalize goaltenders for penalties in the vicinity of the goal.
c) Unless the puck is in the goal crease area, a player of the attacking side may not advance into the goal crease. If the puck should enter the net while such conditions prevail the goal shall not be allowed. However, if the attacking player is in the goal crease but does not interfere with the goaltender and another attacking player who is outside the goal crease scores, the goal shall be allowed provided that the player who is in the goal crease does not attempt to play the puck, interfere with the play, or obstruct the goaltenders view or his movements.
d) If a player of the attacking team has been physically interfered with by the actions of any defending player to cause him to be in the goal crease and the puck entered the net while that player so interfered with is still in the goal crease, the goal shall be allowed.
e) A 2-minute minor penalty shall be assessed to an attacking player, who while his team has possession of the puck, is interfered with by a defending player, but fails to attempt to avoid contacting the goaltender. In addition, if a goal is scored it shall be disallowed.
f) A 2-minute minor penalty shall be imposed on an attacking player, not in possession of the puck, who was tripped or caused to fall or fails to attempt to avoid contact with the goaltender whether he is in or out of his crease.

g) A 2-minute minor penalty, 5-minute major or 5-minute major and game misconduct penalty shall be imposed on any attacking player, who makes deliberate contact with the goaltender whether in or out of the goal crease.

j) In the event the goaltender has been pushed into the net together with the puck after making a stop, the goal will be disallowed. If applicable, the appropriate penalties will be assessed.

Rule 39 – Illegal Substitution

a) An illegal substitution shall be deemed to have occurred when a player enters the game illegally from either the players bench (teammate not within the five-foot (5) limit or from the penalty bench (penalty has not yet expired). This also applies when a major penalty is being served and the replacement player does not return to the ice from the penalty bench, or when a player illegally enters the game for the sole purpose of preventing an opposing player from scoring on a breakaway.

b) When an injured player is penalized and leaves the game, if he returns before the expiration of his penalty, he is not eligible to play. This includes coincidental penalties when his substitute is still in the penalty box awaiting a stoppage of play. The injured player must wait until his substitute has been released from the penalty box before he is eligible to play.

c) When a player receives a 5-minute major penalty and a misconduct/game misconduct penalty at the same time, or when an injured player receives a 5-minute major penalty and is unable to serve the penalty himself, the penalized team shall place a substitute player on the penalty bench before the major penalty expires and no replacement for the penalized player shall be permitted to enter the game except from the penalty bench. Any violation of this rule shall be treated as an illegal substitution resulting in a 2-minute bench minor penalty.

d) If a player of the attacking side in possession of the puck shall be in such a position as to have no opposition between him and the opposing goalkeeper, and while in such a position he shall be interfered with by a player of the

opposing team who shall have entered the game illegally, the Referee shall impose a penalty shot against the team to which the offending player belongs.

e) If, when the opposing goalkeeper has been removed from the ice, a player of the side attacking the unattended goal is interfered with in the neutral or attacking zone by a player of the opposing team who shall have entered the game illegally, the Referee shall immediately award a goal.

f) If a penalized player returns to the ice from the penalty bench before his penalty has expired by his own error or the error of the Penalty Timekeeper, any goal scored by his own team while he (or his substitute) is illegally on the ice shall be disallowed and all penalties imposed on either team shall be served as regular penalties. The penalized player must return to serve his unexpired time (and an additional 2-minute minor penalty if he left the penalty bench on his own).

g) If a player shall illegally enter the game from his own players bench or from any other location in the rink, any goal scored by his own team while he is illegally on the ice shall be disallowed and all penalties imposed on either team shall be served as regular penalties.

Rule 40 – Too Many Players on the Ice

Players may be changed at any time during the play from the players bench provided that the player or players leaving the ice shall be within 5 feet of his players bench and out of the play before the change is made. At the discretion of the on-ice officials, should a substituting player come on to the ice before his teammate is within the five-foot limit of the players bench, and therefore clearly causing his team to have too many players on the ice, then a 2-minute bench minor penalty may be assessed.

a) When a player is retiring from the ice surface and is within the five-foot limit of his players bench, and his substitute is on the ice, the retiring player shall be considered off the ice.

b) If while making a substitution, either the player entering the game or the player retiring from the ice surface plays the puck with his stick, skates, hands or who checks or makes any physical contact with an opposing player while

either the player entering the game or the retiring player is on the ice, then the infraction of too many men on the ice will be called.

c) If during a substitution either the player or players entering the play or the player or players retiring is struck by the puck accidentally, the play will not be stopped, and no penalty will be called.

d) During the play, the player retiring from the ice must do so at the players bench and not through any other exit leading from the rink. When a violation occurs, a 2-minute bench minor penalty shall be imposed.

e) A player coming onto the ice as a substitute player is considered on the ice once both of his skates are on the ice. If he plays the puck or interferes with an opponent while still on the players bench, he shall be penalized under the interference rule.

f) A player serving a penalty on the penalty bench, who is to be changed after the penalty has been served, must proceed at once by way of the ice and be within 5 feet of his own players bench before any change can be made. For a violation of this rule, a 2-minute bench minor penalty shall be imposed for too many men on the ice. If by reason of insufficient playing time remaining, or by reason of penalties already imposed, a 2-minute bench minor penalty is imposed for deliberate illegal substitution (too many men on the ice) which cannot be served in its entirety within the legal playing time, or at any time in overtime, a penalty shot shall be awarded against the offending team.

g) A goalkeeper may be changed for another goalkeeper or player, who shall not have goalkeeper privileges, at any time during play provided the goalkeeper is at the bench an out of play prior to the substitute entering the ice. If the substitution is made prematurely, there shall be no time penalty assessed. However, the resulting face-off will take place at the centre face-off spot unless play was stopped with the play in the offending teams defending half of the ice, in which case the face-off will take place where the play was stopped, unless otherwise specified in the rules.

h) When a goalkeeper leaves his goal area and proceeds to his players bench for the purpose of substitution during the play, the back Linesmen shall be responsible to see that the substitution made is legal. If the substitution is

made prematurely, the Linesman shall stop the play immediately unless the non-offending team has possession of the puck, in which event the stoppage will be delayed until a change in possession takes place.

Rule 41 – Goaltender Interference

This rule is based on the premise that an attacking player's position, whether inside or outside the crease, should not, by itself, determine whether a goal should be allowed or disallowed. Any goals scored while the attacking players are standing in the crease may, in appropriate circumstances be allowed. The overriding rationale of this rule is that goalkeeper should have the ability to move freely within his goal crease without being hindered by the actions of an attacking player. If an attacking player enters the goal crease and, by his actions, impairs the goaltender's ability to defend his goal, and a goal is scored, the goal will be disallowed.

a) Goals should be disallowed only if:
   i. An attacking player, either by his positioning or by contact, impairs the goaltender’s ability to move freely within his crease or defend his goal.
   ii. An attacking player initiates intentional or deliberate contact with the goaltender, inside or outside of his goal crease. Incidental contact with the goalkeeper will be permitted, and the resulting goal allowed, when such contact is initiated outside the goal crease, provided the attacking player has made a reasonable effort to avoid such contact. The rule will be enforced exclusively in accordance with the on-ice judgment of the Referees.
   iii. For this rule, contact, whether incidental or otherwise, shall mean any contact that is made between or among a goalkeeper and an attacking player or players, whether by means of a stick or any part of the body.
   iv. If an attacking player has been pushed, shoved, or followed by a defending player to cause him to contact the goaltender, such contact will not be deemed contact initiated by the attacking player for the purposes of this rule, provided the attacking player has made a reasonable effort to avoid such contact.

v. If a defending player has been pushed, shoved, or followed by an attacking player to cause the defending player to contact his own goalkeeper, such contact shall be deemed initiated by the attacking player for the purposes of this rule, and if necessary, a penalty assessed to the attacking player and if a goal is scored it would be disallowed.

b) In all cases in which an attacking player initiates intentional or deliberate contact with the goalkeeper, whether the goalkeeper is inside or outside the goal crease, and whether at goal is scored, the attacking player will receive a penalty (2-minute minor or 5-minute major) as the Referee deems appropriate. In all cases where the infraction being imposed is to the attacking player for hindering the goalkeeper's ability to move freely in his goal crease, the penalty to be assessed is goaltender interference.

c) In exercising his judgment, the Referee should give more significant consideration to the degree and nature of the contact with the goalkeeper than to the exact location of the goalkeeper at the time of contact.

d) If a goalkeeper, in the act of establishing his position within his goal crease, initiates contact with an attacking player who was in the goal crease, and this results in an impairment of the goalkeeper's ability to defend his goal, and a goal is scored, the goal will be disallowed.

e) If, after any contact by the goalkeeper who is attempting to establish position in his goal crease, the attacking player does not immediately vacate his current position in the goal crease, give ground to the goalkeeper, and a goal is scored, the goal will be disallowed. In all such cases, whether a goal is scored or not, the attacking player will receive a 2-minute minor penalty for goaltender interference.

f) For this rule, when a player establishes a significant position within the crease, in the Referee’s judgment, his body, or a substantial portion thereof, is within the goal crease for more than an instantaneous period that player may incur a 2-minute minor penalty or possibly a disallowed goal.

g) If an attacking player initiates any contact with the goalkeeper, other than incidental contact, while the goalkeeper is outside his goal crease, and a goal is scored, the goal will be disallowed and the appropriate penalties assessed.

h) A goalkeeper is not fair game just because he is outside the goal crease. The appropriate penalty should be assessed in every case where an attacking player makes unnecessary contact with the goalkeeper. However, incidental contact will be permitted when the goalkeeper is in the act of playing the puck outside his goal crease provided the attacking player has made a reasonable effort to avoid such unnecessary contact and the attacking player is making a play for the puck.

i) When a goalkeeper has played the puck outside of his crease and is then prevented from returning to his crease area due to the deliberate actions of an attacking player, such player may be penalized for goaltender interference. Similarly, the goalkeeper may be penalized, if by his actions outside of his crease he deliberately interferes with an attacking player who is attempting to play the puck or an opponent.

j) In a rebound situation, or where a goalkeeper and attacking player or players are simultaneously attempting to play a loose puck, whether inside or outside the crease, incidental contact with the goalkeeper will be permitted, and any goal that is scored as a result thereof will be allowed.

k) If a goalkeeper has been pushed into the net together with the puck by an attacking player after making a save, the goal will be disallowed. If applicable, appropriate penalties will be assessed. If, however, in the opinion of the Referee, the attacking player was pushed or otherwise followed by a defending player causing the goalkeeper to be pushed into the net together with the puck, the goal can be permitted.

l) If a puck is under a player or in or around the crease area, deliberately or otherwise, a goal cannot be scored by pushing this player together with the puck into the goal. If applicable, the appropriate penalties shall be assessed, including a penalty shot if deemed to be covered in the crease deliberately.

Rule 42 – Unsportsmanlike Conduct

Players and non-playing club personnel are responsible for their conduct at all times and must endeavour to prevent disorderly conduct before, during or after the game, on or off the ice and any place in the rink. The Referees may assess

penalties to any of the above team personnel for failure to do so. When such conduct is directed at an official, abuse of officials shall be applied.

a) A 2-minute minor penalty for unsportsmanlike conduct shall be assessed under this rule for the following infractions:
   i. Any identifiable player who uses obscene, profane, or abusive language or gestures directed at any person.
   ii. Any player who is guilty of unsportsmanlike conduct including, but not limited to hair pulling, biting, or grabbing hold of a face mask. If warranted, specifically when injury results, the Referee may apply a match penalty.
   iii. Any player who throws an object onto the ice from the players or penalty bench, or from any other off ice location.
   iv. If a penalized player is assessed an additional unsportsmanlike conduct penalty either before or after he begins serving his original penalty or penalties, the additional minor penalty is added to his unexpired time and served consecutively.
   v. A 2-minute bench minor penalty for unsportsmanlike conduct shall be assessed under this rule for the following infractions:
      - When a player, coach or non-playing club personnel throws any object onto the ice from the players or penalty bench, or from any other off ice location, during the progress of the game or during a stoppage of play.
      - Any identifiable player or any coach or non-playing club personnel uses obscene, profane, or abusive language or gestures directed towards any person.
      - Whenever coaches and or non-playing club personnel use obscene or profane language or gestures anywhere in the rink.

b) A misconduct penalty shall be assessed under this rule for the following infractions:

i. Any player who persists in using obscene, profane, or abusive language directed towards any person after being assessed a minor or bench minor penalty under this rule.
ii. Any player who deliberately throws any equipment out of the playing area. At the discretion of the Referee, a game misconduct may be imposed.
iii. Any player who persists in any course of conduct, including threatening or abusive language or gestures or similar actions, designed to incite an opponent into incurring a penalty.
iv. When a penalized player challenges or disputes the ruling of an official after he has already entered the penalty bench and play has resumed.
v. In general, participants displaying this type of behaviour are assessed a minor penalty, then a misconduct penalty and then a game misconduct penalty if they persist.

c) A game misconduct penalty shall be assessed under this rule for the following infractions:
i. If a player persists in any course of conduct for which he was previously assessed a misconduct penalty.
ii. Any player who uses obscene gestures on the ice or anywhere in the rink before, during or after the game. The Referee shall report the circumstances to the Director of Player Safety.
iii. Coaches and non-playing club personnel who have previously been assessed a bench minor penalty for the use of obscene or profane language or gestures anywhere in the rink. A report to the Director of Player Safety shall be filed in this incident.
iv. Any player who attempts to or deliberately injures a manager, coach or other non-playing club personnel in any manner. Details of such incident must be reported to the Director of Player Safety.
v. Any player or non-club personnel who directs obscene, profane or abusive language or gestures to any person after the expiration of the game. This action may occur on or off the ice.

vi. In general, participants displaying this type of behaviour are assessed a minor penalty, then a misconduct penalty and then a game misconduct penalty if they persist.

Rule 43 – Abuse of Officials

A player, goalkeeper, coach, or non-playing club personnel shall not challenge or dispute the rulings of an official before, during or after a game. A player, goalkeeper, coach, or non-playing club personnel shall not display unsportsmanlike conduct including, but not limited to, obscene, profane, or abusive language or gestures, comments of a personal nature intended to degrade an official or persist in disputing a ruling after being told to stop or after being penalized for such behaviour.

a) A 2-minute minor penalty for unsportsmanlike conduct shall be assessed under this rule for the following infractions:
   i. Any player who challenges or disputes the ruling of an official.
   ii. Any identifiable player who uses obscene, profane, or abusive language or gestures directed at any on or off ice official.
   iii. Any player or players who bang the boards with their stick or other objects at any time, or who, in any manner show disrespect for an official's decision. If this is done to get the attention of the on-ice officials for a legitimate reason (serious injury, illness) then discretion must be exercised by the Referees.
   iv. When a captain, alternate captain or any other player comes off the players bench to question or protest a ruling by an official on the ice.
   v. If a player bangs the glass in protest of a goal judge's ruling. If he persists, a misconduct penalty would then be assessed.
   vi. If a penalized player is assessed an additional unsportsmanlike conduct penalty either before or after he begins serving his original penalty or penalties, the additional minor penalty is added to his unexpired time and served consecutively.

b) A 2-minute bench minor penalty for unsportsmanlike conduct shall be assessed under this rule for the following infractions:

i. Any coach or non-playing club personnel who bangs the boards with a stick or other object at any time, showing disrespect for an official's decision. If this is done to get the attention of the on-ice officials for legitimate reason (serious injury, illness) then discretion must be exercised by the Referees.

ii. Any identifiable player or any coach or non-club playing personnel who uses obscene, profane, or abusive language or gestures directed at an on or off ice official or who uses the name of an official coupled with any vociferous remarks.

iii. Any player, coach, or non-club playing personnel who interferes in any manner with any game official including the Referees or Linesmen. A misconduct penalty, or game misconduct at the discretion of the Referee, shall be imposed on any player who deliberately throws any equipment out of the playing area. When this is done in protest of an officials ruling, a minor penalty plus game misconduct must be assessed.

c) The misconduct penalty shall be assessed under this rule for the following infractions:

i. Any player who persists in the use of obscene, profane, or abusive language towards any on or off ice official for which he has already been assessed a minor or bench minor penalty for unsportsmanlike conduct.

ii. Any player who intentionally shoots or knocks the puck out of the reach of an official who is retrieving it.

iii. Any player who, after being assessed an unsportsmanlike conduct penalty, persists in challenging or disputing the ruling of an official.

iv. Any player or players who bang the boards with their stick or other objects at any time, showing disrespect for an official's decision, for which they have already been assessed a minor or bench minor penalty for unsportsmanlike conduct.

v. Any player or players who, except for the purpose of taking their positions on the penalty bench, enter or remain in the Referee's crease while he is reporting to or consulting with any game official including the

other Referee, the Linesmen, game timekeeper, the penalty timekeeper, or the Official Scorer.

vi. A game misconduct penalty shall be imposed on any player who deliberately throws any equipment out of the playing area. When this is done in protest of an officials ruling, a minor penalty plus game misconduct must be assessed.

vii. Any player who come out after previously being assessed a minor penalty for unsportsmanlike conduct for banging the glass in protest of a goal judge's ruling.

In general, participants displaying this type of behaviour are assessed a minor penalty, then a misconduct penalty and then a game misconduct penalty if they persist.

d) Game misconduct penalties shall be assessed under this rule for the following infractions:

i. Any player who, after being assessed the misconduct penalty, persist in challenging or disputing the ruling of an official.

ii. When a player, coach or non-club playing personnel uses obscene, profane, or abusive language or gestures directed at any on or off ice official or uses the name of an official coupled with any vociferous remarks, after already being assessed a bench minor penalty. This coach or non-playing club personnel is to be assessed a game misconduct and the situation reported to the Director of Player Safety. When this type of conduct occurs after the expiration of a game, on or off the ice, the game misconduct shall be applied without the necessity of having been assessed a bench minor penalty previously.

iii. Any player who deliberately applies physical force in any manner against an official, in any manner attempts to injure an official, physically demeans, or deliberately applies physical force to an official solely for the purpose of getting free of such an official during or immediately following an altercation shall receive a game misconduct penalty. See also physical abuse of officials.

iv. Any player who, having entered the penalty bench, leaves the penalty bench prior to the expiration of his penalty for the purpose of challenging an official ruling, shall be assessed at game misconduct penalty.

v. A minor penalty for unsportsmanlike conduct plus a game misconduct shall be imposed on a player who throws his stick or any part thereof, or any other piece of equipment or object outside the playing area in protest of an official's decision.

vi. Any player, coach or non-playing personnel who throws or shoots any equipment or other object in the general direction of an official but does not come close to making any contact. This action may occur on or off the ice.

Rule 44 – Major Penalties

Any player, goaltender or team official incurring a 5-minute major penalty may be assessed a game misconduct penalty and shall be ordered to the dressing room for the remainder of the game. They shall be reported to the Director of Player Personnel for possible further action. The manager/coach of the penalized team shall designate any player of their team on the ice at the time of the infraction to serve the penalty.

a) When coincident 5-minute major and or match penalties or coincident penalties of equal duration including a major or a match are imposed against players on each team during the same stoppage of play, immediate substitutions shall be made for those penalties, and such penalties shall not be considered for the purpose of the delayed penalty. When the coincident major/match penalty rule is applied and there is a differential in the total time penalties, those penalties causing the differential shall be served first in the normal manner and shall be considered for the purpose of applying the minor penalties/ delayed penalties rule. Any time difference or differential in the total time penalties must be served by a player or players on the ice at the time of the infraction.

Rule 45 – Summary of Major Penalties

- Boarding
- Body Checking
- Body Checking 3rd Man
- Late Avoidable Body Check
- Body Checking North/South
- Charging
- Check from Behind
- Elbowing
- Cross-Checking
- Interference
- Tripping

Rule 46 – Summary of Major Penalties and Game Misconducts

- Boarding
- Body Checking
- Body Checking 3rd Man
- Holding
- Body Checking - North/South Hit
- Late Avoidable Body Check
- Charging
- Check from Behind
- Elbowing
- Fighting
- Cross-Checking
- High-Sticking
- Hooking
- Slashing
- Pull hair, Grab face mask

Rule 47 – Misconduct Penalties

A player, except the goaltender, incurring a misconduct penalty, shall be ruled off the ice for a period of 10 minutes actual playing time. A substitute for the penalized player shall be permitted immediately. A player serving the misconduct penalty shall remain on the penalty bench until the first stoppage of play following the expiry of their penalty. When a player is assessed a minor and a misconduct penalty or a major and misconduct penalty at the same time, the penalized team shall immediately place a substitute player in the penalty bench to serve the minor or major penalty. The misconduct penalty will commence upon the termination of the minor or major penalty.

a) The Referee shall report to the Director of Player Safety any player who was assessed a misconduct penalty within 10 minutes of the conclusion of the game.
b) Any player assessed a second misconduct penalty in the same game shall automatically be assessed a game misconduct penalty.

Rule 48 – Game Ejection

A player, Coach or non-playing club personnel incurring a game ejection penalty shall be ordered immediately to the dressing room for the remainder of the game. It should be noted that a game ejection is not equal to a game misconduct. An HSL/JPHL player receiving a game ejection in the last 10 minutes of regular play is not automatically suspended for the next regular League or playoff game.

Rule 49 – Game Misconduct

A player or team official incurring a game misconduct penalty shall be ordered immediately to the dressing room for the remainder of the game and shall be reported to the Director of Player Safety for further action. A substitute for the penalized player shall be permitted immediately. A total of 10 minutes shall be charged in the records against the penalized player for the game misconduct.

a) Any player or team official who is assessed a game misconduct penalty in the last 10 minutes of regular time, at any time in overtime, or after the conclusion of the game and prior to the player or team official entering his

dressing room, shall automatically be suspended for a minimum of the next regular League and or playoff game.

Rule 50 – Gross Misconduct Penalty

Any player or team official incurring a gross misconduct penalty shall be ordered immediately to the dressing room for the remainder of the game and shall be reported to the Director of Player Safety for further action. A substitute for the penalized player shall be permitted immediately. A total of 10 minutes shall be charged in the records against the penalized player for a gross misconduct.

a) A gross misconduct only shall be assessed any player or team official who conducts himself in such a manner as to make a travesty of the game.
b) Any player or team official who is assessed at gross misconduct penalty in the last 10 minutes of regular time, at any time in overtime, or after the conclusion of the game and prior to the player or team official entering his dressing room, shall automatically be suspended for a minimum of the next regular and or playoff game.
c) Below is a list of Gross Misconduct penalties which must be reported to the Director of Player Safety immediately after the game both verbal and in a written report.
    i. Interfering with or striking a spectator
    ii. Any player who escalates a situation during the game through abusive actions towards any on ice official in which he is penalized for.
    iii. Any Team Official on the bench who refuses to leave the bench and bench area when requested by the Referee through penalties or abusive actions.
    iv. Racial taunts, slurs or actions which demean the opponent.
    v. A player who throws any object at a spectator
    vi. Anyone who throws or shoots any equipment or other object in the general direction of an official but does not come close to making any contact. This action may occur on or off the ice.
    vii. Spitting on or at an opponent, Coach, Official or fans.

Rule 51 – Match Penalty

a) A match penalty shall be assessed any player or team official who recklessly endangers an opponent, official, team official or spectator in any manner.

b) A match penalty shall be assessed any player or team official who head-butts or attempts to head-butt an opponent with force or who recklessly endangers an opponent with this action.

c) A match penalty shall be assessed to any player or team official that attempts to kick or deliberately kicks an opponent.

d) A player who pulls an opponent's hair or who grabs the facial protector, helmet, chinstrap, or throat protector of an opponent and uses this to gain an advantage or to inflict punishment or injury shall be assessed a match penalty. A player who grabs an opponent's hair, facial protector, helmet or chinstrap, or throat protector but does not use it to gain an advantage or to inflict punishment or injury shall be assessed a minor penalty.

e) A match penalty shall be assessed any player who uses their facial protector as a weapon.

f) A match penalty shall be assessed any player who recklessly endangers an opponent with a slash, high stick, crosscheck, head-butt, butt-end, or spear.

g) Any player who bites an opponent will be assessed a match penalty under this rule.

h) Any goalkeeper who uses his blocker and or catching glove to punch an opponent in the head area shall be assessed a match penalty.

i) The severity of the spearing action and or the area of the body where the spear is directed should serve as a guideline to the type of penalty to assess, a match or double minor. If the spearing action is directed at the groin, stomach, chest or head of an opposing player, a match penalty must be assessed. If the spearing action is forceful, violent, or vicious, a match penalty must be assessed, regardless of the area of the body where the spear is directed. If the player speared is injured because of that infraction, regardless of the area of the body involved, a match penalty must be assessed. If the

spearing action is directed at the leg or ankle area, or if the spear does not make contact, then a 4-minute double minor penalty must be assessed.

j) The 4-minute double minor penalty is not to be used in lieu of the match penalty if the match penalty is warranted. Referees should utilize the 4-minute double minor penalty for borderline spearing or butt-ending infractions which have previously gone unpenalized.

k) For all match penalties, the substitute for the penalized player must take his place in the penalty bench immediately and serve all penalties assessed at the stoppage to the penalized player.

   i. Throwing a stick or any object at another player or coach.
   ii. Wearing tape on the hands in an altercation where an injury result.

A MATCH PENALTY MUST BE ASSESSED WHEN AN INJURY RESULTS from any of the above actions.

l) Any player or team official incurring a match penalty shall be ordered to the dressing room immediately and will not be permitted to take part in any further games until his case has been dealt with by the Director of Player Safety.

m) In every instance where a match penalty has been assessed, the offending players team shall be required to send a player to the penalty box for five minutes immediately. The player who serves the five minutes must have been on the ice at the time of the infraction. Where an offending player has been assessed penalties in addition to the match penalty, those penalties will be served by the same player who serves the 5-minute penalty. This section would not apply in the case of coincident major or the match penalty rule. The player who serves the five-minute match penalty must take his place in the penalty box immediately.

n) Referees are required to report all match penalties and the surrounding circumstances to the Director of Player Safety immediately following the game involved. This is important.

o) A player incurring a match penalty shall also be assessed a game misconduct penalty.

Rule 52 – Head-Butting

The act of head-butting involves a player making intentional contact, or attempting to make contact, with an opponent by leading with his head and or helmet.

a) A 4-minute double minor penalty shall be imposed on a player who attempts to head butt an opponent where no contact is made.
b) A match penalty shall be imposed on a player who makes contact or injures an opponent as the result of a head butt.
c) A match penalty shall be assessed any team official who head-butts, attempts to head-butt, or deliberately injures an opponent, official, team official or spectator in any manner.

Rule 53 – Kicking

The action of a player deliberately using his skate or skates with a kicking motion to propel the puck or to contact an opponent.

a) Kicking the puck shall be permitted in all zones. A goal cannot be scored by an attacking player who uses a distinct kicking motion to propel the puck into the net with his skate/foot. A goal cannot be scored by an attacking player who kicks the puck that deflects into the net off any player, goalkeeper or official.
b) A puck that deflects into the net off an attacking player's skate who does not use a distinct kicking motion is a legitimate goal. A puck that is directed into the net by an attacking player's skate shall be a legitimate goal if no distinct kicking motion is evident. The following should clarify deflections following a kicked puck that enters the goal:
    i. A kicked puck that deflects off the body of any player of either team (including the goalkeeper) shall be ruled no goal.
    ii. A kicked puck that deflects off the stick of any player (excluding the goalkeeper stick) shall be ruled a good goal.
    iii. A goal will be allowed when an attacking player kicks the puck, and the puck deflects off his own stick and then into the net.

iv. A goal will be allowed when a puck enters the goal after deflecting off an attacking player's skate or deflects off his skate while he is in the process of stopping.

c) A goal cannot be scored by an attacking player who kicks any equipment, stick, glove, helmet at the puck, including kicking the blade of his own stick, causing the puck to cross the goal line.

d) A match penalty shall be imposed on any player who kicks or attempts to kick another player. Whether or not injury occurs, the player shall receive a 5-minute Match penalty and a game misconduct.

Rule 54 – Slew-Footing

Slew footing is the act of a player using his leg or foot to knock or kick an opponent's feet from under him or pushes an opponent's upper body backward with an arm or elbow, and at the same time with a forward motion of his leg, knocks or kicks the opponent's feet from under him, causing him to fall violently to the ice.

a) Any player who is guilty of slew footing shall be assessed a match penalty.

Rule 55 – Spitting

A gross misconduct penalty shall be assessed any player or team official who deliberately spits on or at an opponent, official, team official or spectator. The Referee shall report full details of the incident to the Director of Player Safety. Where a team official has been removed from the bench and ordered to the dressing room for a spitting infraction, the offending team would be required to place a player on the penalty bench to serve the five-minute time penalty. This player would have to be selected from the players on the ice at the time of the infraction.

Rule 56 – Butt-Ending

The action whereby a player uses the shaft of his stick, above the upper hand, to check an opposing player in any manner or jabs or attempts to jab an opposing player with that part of his stick.

a) A 4-minute double minor penalty will be imposed on any player who attempts to butt end an opponent.
b) A match penalty shall be imposed on a player who makes contact or who injures an opponent as the result of a butt end.

Rule 57 – Spearing

Spearing shall mean stabbing an opponent with the point of the stick blade, whether contact is made or not.

a) A 4-minute double minor penalty shall be assessed any player who pokes, jabs, or attempts to jab an opposing player with the toe of the blade of the stick and does not make contact.
b) A match penalty shall be imposed on a player who makes contact or injures an opponent as the result of a spear.

Rule 58 – Summary of Match Penalties

a) Attempt to Injure or Deliberate Injury
b) Boarding
c) Body Checking
d) Body Checking – 3rd Man
e) Body Checking – North/South
f) Late Avoidable Bodycheck
g) Charging
h) Checking from Behind
i) Clipping
j) Elbowing
k) Illegal Check to the Head
l) Kneeing
m) Roughing
n) Cross Checking
o) High Sticking
p) Head-Butting
q) Hair-pulling

r) Butt Ending
s) Kicking
t) Punching and Injuring an Unsuspecting Opponent
u) Slashing
v) Slew-Footing
w) Spearing
x) Grabbing helmet/face mask/chin strap and use to advantage
y) Recklessly endangering an opponent in any manner
z) Biting
aa) Goalie uses blocker or catching glove to punch at the head area
bb) Throwing a stick/other object at a player/coach
cc) Wearing tape on hands and injuring an opponent in an altercation

SECTION FOUR – PLAYING RULES (GENERAL)

Rule 59 – Goalkeepers Penalties

A goalkeeper shall not be sent to the penalty bench for an offence which incurs a minor or major penalty but instead, the minor or major penalty shall be served by another member of his team who was on the ice when the offence was committed. This player is to be designated by the manager/coach of the offending team through the playing captain and such substitute shall not be changed.

a) A penalized player may not serve a goaltender's penalty.
b) When a goaltender is assessed a major penalty plus a game misconduct, which is coincident with a major or match penalty to the opposing team, no player is required to serve the goalkeeper's penalties in the penalty box, since he's been ejected from the game.
c) A goalkeeper who is assessed 3 minor penalties for stick fouls shall fall under the 6-minute accumulation. If he is assessed a total of 6 minutes in any one game, he will be assessed the Game Ejection and replaced immediately with the backup goalie.

d) Should a goalkeeper incur 3 major penalties in one game, he shall be assessed a game misconduct penalty. His place shall be taken by a member of his own club, or by a regular substitute goalkeeper who is available. Such player will be allowed the goalkeepers equipment.

e) Should a goalkeeper on the ice incur a misconduct penalty, this penalty shall be served by another member of his team who was on the ice when the offence was committed. This player to be designated by the manager/coach of the offending team.

f) Should the goalkeeper on the ice incur a game misconduct penalty, he will be replaced immediately by a member of his own club, or by a regular substitute goalkeeper who is available, such player will be allowed the goalkeepers full equipment and no player will be sent to the penalty box.

g) Should a goalkeeper incur a match penalty, his place will then be taken by a member of his own club, or by a substitute goalkeeper who is available, and such player will be allowed the goalkeepers full equipment. The match penalty, and any additional penalties assessed to the goalkeeper, shall be served immediately by a member of his team on the ice when the offences were committed.

h) When a goaltender leaves the crease during a fight, he shall be assessed a 2-minute minor penalty, plus any other penalties he incurs.

i) When a goaltender leaves his crease to join in a fight, act as a peacemaker, or take part in another fight, during the same stoppage of play, he shall receive a game misconduct penalty, plus any other penalties he incurs. If a goaltender intentionally participates in the play in any manner when he is beyond the centre red line, he shall be assessed a 2-minute minor penalty.

j) A 2-minute minor penalty shall be assessed a goaltender who, after catching the puck, drop kicks the puck. If an injury results, a 5-minute major penalty and a game misconduct shall be assessed.

k) If, in the judgment of the Referee, a goalkeeper uses his blocking glove or catching glove to punch an opponent in the head or face a match penalty must be assessed.

Rule 60 – Premature Substitution

When a goalkeeper leaves his goal area and proceeds to his players bench for the purpose of substituting another player, the skater cannot enter the playing surface before the goalkeeper is within five feet (5) of the bench. If the substitution is made prematurely, the official shall stop play immediately unless the non-offending team has possession of the puck, in which the stoppage will delayed until the puck changes possession.

a) There is no time penalty to the team making the premature substitution, but the resulting face-off will take place at center ice face-off dot when play is stopped beyond the center red line. When play is stopped prior to the center red line, the resulting face-off shall be conducted at the nearest face-off dot in the zone where the play was stopped.
b) In all other situations not covered in the above, a minor penalty may result for "too many men on the ice".

Rule 61 – Penalty Shot

A penalty shot is designed to restore a scoring opportunity which was lost because of a foul being committed by the offending team, based on the parameters set out in these rules.

a) There are four specific conditions that must be met for the Referee to award a penalty shot for a player being fouled from behind. They are:
    i. The infraction must have taken place in the neutral zone or attacking zone (over the puck carriers own blue line). The puck is the determining factor as to which zone the play is in.
    ii. The infraction must have been committed from behind
    iii. The player is in possession and control or in the judgment of the Referee, clearly would have obtained possession and control of the puck and must have been denied a reasonable chance to score. The fact that he got a shot off does not automatically eliminate this play from the penalty shot consideration criteria. If the foul was from behind and he was denied a

more reasonable scoring opportunity due to the foul, then the penalty shot should be awarded.

iv. The player in possession and control or in the judgment of the Referee, clearly would have obtained possession and control of the puck must have had no defending player between himself and the goalkeeper.

b) In cases where a penalty shot has been awarded to a player specifically fouled, that player shall take the penalty shot.

c) In all other cases where a penalty shot has been awarded, the penalty shot shall be taken by a player selected by the captain of the non-offending team from the players on the ice at the time when the foul was committed. Such selection shall be reported to the Referee and cannot be changed. If by reason of injury, the player designated by the Referee to take the penalty shot is unable to do so within a reasonable time, the shot may be taken by a player selected by the captain of the non-offending team from the players on the ice when the foul was committed. Such selection shall be reported to the Referee and cannot be changed.

d) Should the player in respect to whom a penalty shot has been awarded himself commit a foul in connection with the same play or circumstances, either before or after the penalty shot has been awarded , be designated to take the shot, he shall first be permitted to do so before being sent to the penalty bench to serve the penalty except when such a penalty is for a game misconduct or match penalty in which case the penalty shot shall be taken by a player selected by the captain of the non-offending team from the players on the ice at the time when the foul was committed.

e) While the penalty shot is being taken, players of both sides shall withdraw to the sides of the rink and maintain a position inside their players bench with the doors closed.

f) If, while the penalty shot is being taken, any player of the opposing team shall have by some action interfered with or distracted the goaltender or the player taking the penalty shot, and because of such action the shot should have failed, a second attempt shall be permitted, and the Referee shall impose a 2-minute bench minor penalty. If a player on the bench is responsible, that

player will also be assessed a misconduct penalty. If the interference is from a team official, a game misconduct penalty shall be assessed.

g) The Referee shall ask to have announced over the public address system the name of the player designated by him or selected by the team entitled to take the shot. He shall then place the puck on the centre face-off spot and the player taking the shot will, on the instruction of the Referee, by blowing his whistle, play the puck from there and attempt to score on the goalkeeper. The puck must be kept in motion towards the opponent's goal line and once it is shot, the play shall be considered complete. No goal can be scored on a rebound of any kind, an exception being the puck off the goal post or crossbar, then the goalkeeper and then directly into the goal. Anytime the puck crosses the goal line or comes to a complete stop, the shot shall be considered complete.

h) The lacrosse like move whereby the puck is picked up on the blade of a stick and whipped into the net shall be permitted provided the puck is not raised above the height of the shoulders at any time. Cradling the puck on the blade of the stick above the normal height of the shoulders is prohibited and a stoppage of play shall result. If this is done by a player on a penalty shot or shootout attempt, the shot shall be stopped immediately and considered complete. The "spin-arama" type move where the player completes a 360 degree turn as he approaches the goal, shall not be permitted and should a player perform such a move during the penalty shot, the shot shall be stopped by the Referee an no goal will be the result. Only a player designated as a goalkeeper or alternate goalkeeper may defend against a penalty shot.

i) The goalkeeper must remain in his crease until the player taking the penalty shot has touched the puck. If at the time a penalty shot is awarded, the goaltender of the penalized team has been removed from the ice to substitute another player, the goalkeeper shall be permitted to return to the ice before the penalty shot is taken. The team against whom the penalty shot has been assessed may replace their goaltender to defend against the penalty shot, however, the substitute goaltender is required to remain in the game until the next stoppage of play.

j) Should the goalkeeper leave his crease prior to the player taking the penalty shot has touched the puck, and in the event of violation of this rule or foul committed by a goalkeeper, the Referee shall allow the shot to be taken and if the shot fails, he shall permit the penalty shot to be taken over again. When an infraction worthy of a 2-minute minor penalty is committed by the goalkeeper during the penalty shot that causes the shot to fail, no penalty is to be assessed but the Referee shall permit the shot to be taken over again. Should the goalkeeper commit a second violation during the penalty shot and the shot fails, he shall be assessed a misconduct penalty and the Referee shall permit the penalty shot to be taken over again. A third such violation shall result in the goalkeeper being assessed at game misconduct penalty. When a major or match penalty is committed by the goaltender that causes the shot to fail, the Referee shall permit the shot to be taken over again and the appropriate penalties shall be assessed to the goalkeeper.

k) The goalkeeper may attempt to stop the shot in any manner except by throwing his stick or any object, or by deliberately dislodging the goal, in which case a goal shall be awarded.

l) During the shot, should the goalkeeper, in an attempt at making a save, dislodge the goal accidentally, the Referee shall make one of the following determination's:

   i. Award a goal if he deems the player would have scored into the area normally occupied by the net had it not been dislodged.

   ii. Allow the shot to be retaken if he does not score or it could not be determined if the puck would have entered the area normally occupied by the net.

   iii. If the goal becomes dislodged after the puck has crossed the goal line thus ending the shot, the above determinations do not apply, the shot is complete.

m) If, while the penalty shot is being taken, a spectator throws any object onto the ice or, in the judgment of the Referee, interferes with the player taking the shot or the goalkeeper defending the shot, the Referee shall permit the shot to be taken again.

n) After a penalty shot has been assessed there is no stick measurement allowed.

o) If a goal is scored from a penalty shot, the puck shall be faced off at centre ice. If no goal is scored, the puck shall be faced off at either of the end zone face-off spots in the defending zone, except when another rule dictates the face-off location should be in an alternate location, such as when the point men enter the zone beyond the outer edge of the end zone face-off circle or when the attacking team has been penalized on the same play.

p) If the offence for which the penalty shot was awarded was such as to incur a 4-minute double minor penalty, or where the offending team is assessed an additional 2-minute minor penalty on the same play in which a penalty shot was awarded, the first minor penalty is not assessed since the penalty shot was awarded to restore the lost scoring opportunity. The second minor penalty would be assessed and served regardless of whether the penalty shot results in a goal. This will be announced as a double minor penalty for the appropriate foul and the player will serve 2 minutes only. No penalty shall expire when a goal is scored against the team on a penalty shot.

q) Should two penalty shots be awarded to the same team at the same stoppage of play (two separate fouls), only one goal can be scored or awarded at a single stoppage of play. Should the first penalty shot result in a goal, the second shot would not be taken but the appropriate penalty would be assessed and served for the infraction committed.

r) In cases where a penalty shot has been awarded under the rule protective equipment (deliberate removal of helmet or facial protector during a break away) for delay of game (goaltender deliberately dislodging the goal during a breakaway) throwing the stick at the puck or puck carrier, tripping, foul from behind, leaving the players or penalty bench (ineligible player) the Referee shall designate the player who has been fouled as the player to take the penalty shot.

s) In cases where penalty shot has been awarded under rule delay of game (falling on the puck in the goal crease) handling the puck (in the goal crease) the penalty shot shall be taken by a player selected by the captain of the non-offending team and that selection reported to the Referee. This player must

be on the ice at the time of the infraction and once indicated to the Referee, cannot be changed.

Rule 62 – Awarded Goal

a) A goal will be awarded to the attacking team when the opposing team has taken their goaltender off the ice and an attacking player has possession and control of the puck in the neutral or attacking zone, without a defending player between himself and the opposing goal, and he is prevented from scoring because of an infraction committed by the defending team.

b) A goal will be awarded when an attacking player, in the act of shooting the puck into the goal, between the normal position of the posts and completely across the goal line, is prevented from scoring because of the defending player or the goalkeeper displacing the goal post, either deliberately or accidentally.

c) When a goalkeeper is off the ice and has been removed for an extra attacker, the following list of infractions shall result in an awarded goal:
   i. Delaying the game (deliberately/accidently displacing the goal),
   ii. Handling the puck (gathers/falls/holds/picks up puck in the goal crease).
   iii. Illegal substitution (player enters game illegally).
   iv. Leaving the players or penalty bench (player enters the game illegally),
   v. Throwing stick (from bench or on the ice, including any object or piece of equipment).
   vi. Tripping (foul from behind-including hooking, holding, slashing etc.).

d) During a penalty shot a goal shall be awarded when the goaltender attempts to stop a penalty shot by throwing his stick or any other object at the player taking the shot or by dislodging the goal, either deliberately or accidentally.

SECTION FIVE – EQUIPMENT

Rule 63 – Uniforms

a) All players of each team shall be dressed uniformly with the approved design and color of their helmets, sweaters, pants, and socks from the HSL/JPHL.

They will be provided distinctive and contrasting uniforms for their home and away games.

b) Each player listed in the line-up of each team shall have an individual number on the back of their sweater.

c) No alterations of the approved jersey are allowed unless approved by the HSL/JPHL.

d) Sleeves must extend into the cuff of the glove and all jerseys shall be such that they should extend over the players pants. Whenever it's deemed a player is in violation of this rule, the Referee shall assess one warning to the player and his coach. For a second violation of this rule by the same player, the Referee shall assess a 2-minute minor penalty for "Illegal Equipment" to the offending player. The Referee shall have the final determination on sweater violations.

Rule 64 – Sticks

a) All sticks shall be made of wood, fiberglass, aluminum, or any other material approved by the HSL/JPHL. There shall be no projections, pockets, or other alterations to any stick to give the players a competitive advantage.

b) All sticks can be wrapped around with tape of any color.

c) The end of the shaft of all sticks must be covered. In the case of hollowed shafts, the end must have a protective cap as well as being covered to protect against injury.

d) A player can only participate in the game with only one stick. In the case of a player carrying a goalie stick from the players bench obtained legally, he must skate directly to the goalie without becoming involved in any way in the play. That includes any body contact with an opposing player. Any player in violation of this rule shall be assessed a 2-minute minor penalty for "Illegal Equipment".

e) There is no stick measurement for the curvature of a goaltender's stick.

f) The players stick has a maximum curve of 3/4 inch.

g) The goaltenders stick shall have a knob or protective material on the knob approved by the HSL/JPHL or tape colored white. This shall cover the top of the shaft. Failure to comply with this rule will result in the goaltender's stick

being deemed unfit for play. The stick must be changed immediately without penalty.

Rule 65 – Broken Stick (Player)

a) A broken stick is one in which in the opinion of the Referee is unfit for normal play. Any player whose stick is broken can continue to participate in the game provided he drops the broken stick. A 2-minute minor penalty for "Illegal Equipment" shall be assessed any player who plays with a broken stick. When a player discards the broken portions by tossing them to the side of the rink (not over the boards) in such a way that they do not interfere with the play or opposing players, no penalty shall be assessed.

b) A player who has lost or broken his stick may receive a replacement stick by being handed one from his players bench or having a teammate on the ice hand him his stick or picking up his own stick that he dropped. A player will be penalized if he throws, tosses, shoots, or slides a stick to a teammate on the ice, or he picks up and plays with an opponent's stick. A player cannot play using a goalie's stick. A 2-minute minor penalty will be imposed for any infraction of this rule.

c) A player picking up a stick thrown on the ice from the players or penalty bench will receive a 2-minute minor penalty for illegal equipment. The player responsible for throwing the stick onto the ice shall be penalized with a Bench Minor Penalty.

Rule 66 – Broken Stick (Goalie)

a) A goalkeeper may continue to play with a broken stick until a stoppage of play or he has one legally handed to him by a teammate. The teammate cannot throw, slide, or kick it to the goaltender. This includes situations where the goalie has dropped his stick and the teammate is trying to return it to him. A 2-minute minor penalty for throwing the stick shall be assessed to the player responsible. No penalty to the goalkeeper.

b) A goalkeeper whose stick is broken or illegal cannot go to the players bench for a replacement but must receive his stick from a teammate. A goalkeeper

may participate in the play using a skater stick until he is legally provided with a replacement goalkeepers stick. A 2-minute minor penalty for "Illegal Equipment" shall be assessed the goalkeeper.

Rule 67 – Goaltenders Equipment

a) Except for skates and stick, all the equipment worn by a goalkeeper must be constructed solely for the purpose of protecting the head and body, and he must not wear or use any contrivance that would give him a competitive advantage. Abdominal aprons extending down the thighs on the outside of the pant are prohibited.
b) A goaltender's pads shall not exceed 11 in. in width and shall not be altered in any manner.
c) Puck foil or any piece attached to the bottom of the goalkeeper's pads designed to stop the puck is considered illegal equipment.
d) If requested by the Referee, a goalkeeper shall remove their face protector for the purpose of identification. A goalkeeper who refuses shall be assessed a Game Ejection penalty plus a write up to the RIC.

Rule 68 – Chest and Arm Pads

a) No raised ridges are allowed on the front edge or sides of the chest protector, the inside or outside of the arms or across the shoulders.
b) Layering at the elbow is permitted to add protection but not to add stopping area. The layering both across the front and down the sides to protect the point of the elbow shall not exceed 7 in.
c) Shoulder cap protectors must follow the normal contour of the shoulder cap without becoming a projection or extension beyond or above the shoulder or shoulder cap. This padding must not be more than 1 in. in thickness beyond the top ridge of the shoulder and shoulder cap.
d) On each side the shoulder clavicle protectors are not to exceed 7 in. in width. The maximum thickness cannot exceed 1 in. This protection is not to extend or project above or beyond the shoulder or shoulder cap nor extend beyond

the armpit. No insert is allowed between the shoulder clavicle protector and the chest pad that would elevate the shoulder clavicle protector.

e) If, when the goalkeeper assumes his normal crouch position and the shoulder or shoulder cap protection is pushed above the contour of the shoulder, the chest pad would be considered illegal.

Rule 69 – Blocker and Catching Glove

a) No measurement of a goalkeeper's blocker or catching glove shall be carried out at the Referees Crease by the Referee. Both gloves shall meet manufactures specifications and shall not be altered in any way. In the event of any dispute regarding either glove, it shall be reported to the RIC.

Rule 70 – Adjustment of Equipment

a) Play shall not be stopped, nor the game delayed by reasons of adjustments to clothing, equipment, skates, or sticks.

b) The onus of maintaining clothing and equipment in proper condition is on the player. If adjustments are needed, the player is required to leave the ice and play resumed with a substitute immediately.

c) A minor penalty will be assessed any player who delays the game for adjustments to any equipment.

d) A goalkeeper may not delay the game unnecessarily to adjust his equipment, during a stoppage of play unless the Referee deems as such. He must remain in the goal-crease area. If the goalkeeper must proceed to his players bench to adjust any equipment, he will be immediately replaced by the backup goalie with no warmup. This applies only to situations where there is a backup goalie dressed. The alternate goalie must remain in the game until a stoppage of play. For a violation of this rule, a 2-minute minor penalty for Delay of Game will be assessed.

e) A goalkeeper may not proceed to his players bench at any time during a stoppage of play unless he is being replaced by a substitute or given direction by the Referee to do so. The only exception to this rule is during a timeout.

Rule 71 – Illegal Equipment

a) All protective equipment, except gloves, headgear and goalkeepers leg guards must be worn under the uniform. After a warning by the Referee for a violation of this rule, a 2-minute minor penalty shall be imposed.
b) A glove from which all or part of the palm has been removed or cut shall be considered illegal equipment and if any player wears such a glove during play, a 2-minute minor penalty shall be assessed. If the Referee is asked to check a player's glove for the palm and the complaint is not sustained, a 2-minute Bench Minor Penalty for Delay of Game will be assessed.
c) All elbow pads must be covered by the players jersey. They must have a soft protective outer covering of approved materials. If not, they shall be deemed dangerous equipment.
d) These equipment regulations are written in the spirit of "fair play". If at any time the HSL/JPHL feels that this spirit is being abused, the offending equipment will be deemed ineligible for play until a ruling from the HSL/JPHL.

Rule 72 – Protective Equipment and Helmets

a) Anytime the players and goalkeepers are on the ice, they are required to wear CSA certified helmets and CSA certified facial protectors which must be properly secured and not altered in any manner. Any alteration/modification to a certified helmet or facial protector renders that piece of equipment illegal and will not be permitted in the game.
b) The chin straps of the helmet shall be securely fastened under the chin. The straps of the facial protector shall also be securely attached to the helmet.
c) All goalkeepers must wear a CSA certified helmet and CSA certified facial protector that's securely attached and not altered in any manner.
d) Protective masks of a design approved by the HSL must be worn by goalkeepers.
e) The wearing of an approved throat protector is mandatory for all players. When a player fails to wear or properly wear a throat protector at any time on the ice during the game, the team shall receive one warning. Any subsequent violations by the same team, but not necessarily the same player will result in a

Misconduct. Referees are instructed to deliver this warning directly to the Coach.

f) Anytime a player on the ice losses his throat protector, he must immediately go to his players bench and in no way get involved in the play. For a violation of this rule, the player will be assessed a 2-minute Minor Penalty for “Illegal Equipment”.

g) Should a player lose his helmet during play, such player shall immediately replace the helmet (properly fastened) or shall proceed to the players bench for a substitute. If such player participates in the play in any manner without his helmet, play will be stopped immediately, and a 2-minute minor penalty assessed to the player for “Illegal Equipment”.

h) If a goalkeeper loses his helmet/face protector/blocker or catching glove, play shall be stopped immediately.

I) No player shall wear his helmet and/or face protector in an offset position during play. The team shall receive one warning and any subsequent violations by the same team, not necessarily the same player will result in a Misconduct to the offending player.

i) All players, including goalkeepers, while on the players/penalty bench must wear their certified helmet and facial protector securely fastened. For a violation of this rule, a warning will be issued by the Referee. Any further violations by the same team will result in a 2-minute Bench Minor Penalty.

j) Anytime a goalkeeper deliberately removes his helmet or face protector to secure a stoppage of play, the Referee shall access the goalkeeper a 2-minute minor penalty for Delay of Game. If the goalkeeper deliberately removes his helmet/face protector when the opposing team is on a breakaway or occurs in the last two minutes of a game or any time in overtime, a Penalty Shot will be assessed.

k) Anytime a player intentionally releases his or his opponent’s chinstrap or removes his or his opponents’ helmet to either incite, challenge or fight, the offending player shall be assessed a 2-minute Minor Penalty and a Game Misconduct.

l) If the Referee is requested by a team to look at a player's helmet/face protector or throat protector that its possibly not CSA certified, and in effect it turns out to not be certified, the Referee shall access the player a 2-minute Minor Penalty for "Illegal Equipment" and at the same time order that illegal piece of equipment removed from the game. This can also be an observation strictly by the Referee.

m) If neither player removes the helmet or undoes the chinstrap prior to the fight, but the helmets come off during the fight, one of three situations are possible:
   i. If the Referee determines that the helmets came off incidentally during the fight, no penalties need to be assessed.
   ii. If the Referee determines that a player deliberately pulled his opponent's helmet off during the fight, the Referee shall assess the 2-minute minor penalty or at the discretion of the Referee a 5-minute major and game misconduct penalty for grabbing an opponent's helmet.
   iii. If a player grabs the opponent's helmet or facial protector and uses this to gain an advantage or to inflict punishment or injury, the Referee shall assess a match penalty.

r) If players undo each other's chin straps and or remove each other's helmets prior to the start of a fight to circumvent this rule, the Referee shall assess both players gross misconduct penalties, plus any other penalties they may incur too late.

Rule 73 – Dangerous Equipment

a) The use of pads, protectors or sticks likely to cause injury to a player are prohibited.

b) No player is permitted to wear a sweater or pants modified or altered to gain an advantage or compromise safety.

c) All elbow pads which do not have a soft protective covering of sponge, rubber or some other material shall be considered dangerous equipment.

d) The use of supplemental oxygen is prohibited. For a violation of this rule a warning shall be issued to the team. Any subsequent violations to any player on the same team shall result in a 2-minute minor penalty to the offending

player. Note - the Referee has the authority to prohibit a player from participating in the game while using or wearing any equipment that he considers dangerous to a player or game official.

Rule 74 – Puck

a) The puck shall be made of vulcanized rubber or other approved material by the HSL. It shall be 2.54 centimetres one inch thick and 7.62 centimetres 3 inch in diameter and weigh not less than 156 grams 5 1/2 ounces and not more than 170 grams 6 ounces and should be black in colour.

SECTION SIX – TEAMS

Rule 75 – Team

a) A team shall have no more than 6 players on the ice at any one time while play is in progress. They will be designated by position - goalie, defense left and right, center and wingers left and right.
b) Each player shall have an individual number on the back of their sweater.
c) All players shall wear only HSL/JPHL approved equipment and apparel as set out by the HSL/JPHL and be dressed uniformly.
d) It will be the responsibility of the Home Team to change its sweater and socks should there be a conflict in colors with the opposing team or an agreement within the Teams and HSL/JPHL Representative.
e) All protective equipment must be worn under the uniform. Exclusions are gloves, headgear, and goalies leg pads. If brought to the Referees attention, the player must comply with the Referees request. A second violation by the same player would result in a 2-minute minor penalty for Illegal Equipment.

Rule 76 – Captains and Assistants

a) Each Team shall appoint a Captain and not more than 3 Alternate Captains. Only a Captain or an Alternate Captain who is on the ice shall have the PRIVILEGE of asking the Referee for his interpretation of any rule during the

game. The Captain and Alternate Captains must be noted on the Game Report prior to the start of the game.

b) Should a Team decide on not having a Captain, they may use 3 Alternates. If there is no Captain or Alternates named on the Official Game Report, no players will be allowed the privileges of such.

c) The Captain will wear a letter “C” and the Alternates the letter “A” in a prominent position on the front of the jersey. If the letters are not worn, those individuals will not have the privileges of the Captain or the Alternates.

d) When a Captain or an Alternate receive a penalty, they shall lose all privileges during the penalty and must proceed directly to the penalty bench. Failure to do so will result in a Misconduct penalty.

e) No goaltender can be named Captain or Alternate Captain.

f) Any Captain or Alternate Captain who leaves the players bench to discuss any interpretation of the rules with the Referee or challenges a Referees call will be assessed a 2-minute minor penalty for delay of game. This will include any other penalties he may incur.

Rule 77 – Team Roster

a) Before the start of the game the person in charge of the Visiting Team must be the 1st to list their line-up on the Official Game Report. This should be completed at least 45 minutes before start time.

b) A team shall be comprised of 20 players (18 skaters and 2 goaltenders) and no less than.

c) 1 non uniformed player shall be permitted on the players bench in a coaching capacity. He must be indicated as such on the Official Game Report. In the HSL, he must be wearing the approved team jersey and helmet while in the bench area and is to be included in the 5 allowed on the bench. In the JPHL, the player must be identified on the Official game sheet.

d) All non-uniformed people on the bench must be indicated on the Official Game Report. This includes all Coaches, Assistants, Trainers, Gate attendants up to a maximum of 6. Coaches, Assistants and Gate Attendants can only count to a maximum of 5.

e) Only players on the Official Game Report are eligible to participate in the game. The determining factor is the players name, not necessarily the players number is correctly listed for that game on the Game Report.

f) If an ineligible player is identified to the Referee, that player will immediately be removed from the game without a substitution from that Teams roster. No penalty is to be assessed, but a Report to the League President is mandatory.

g) Should a goal be scored by a team when an ineligible player is on the ice (whether he was involved in the scoring of a goal or not), the goal will be disallowed. This applies only to the goal scored at that stoppage of play when he was deemed to be ineligible. All other goals scored beforehand shall remain.

h) Should both goaltenders become unavailable to play, the Coach/Manager of that team can designate any player in uniform to replace him and he will be allowed all the privileges of a goalkeeper. This would be regardless of if he is wearing the goalie's equipment. He must wear the mask and use a goaltender's stick, blocker and catching glove.

Rule 78 – Injured Players

a) When a player is injured and must leave the ice during the game, he shall be replaced by a substitute and play continues without the teams leaving the playing surface.

b) If a goaltender is injured, the trainer will be allowed to attend to him on the ice. The Referee is allowed some latitude as to how long this may take. If the goaltender goes to the bench, he must be replaced immediately by the alternate goaltender. There is no warmup. The injured goaltender must remain out of the game until the next stoppage of play. Any violation of this rule will result in a 2-minute minor penalty for Delay of Game.

c) If a goaltender is injured, the Referee can send the players to their respective benches, but the players must be ready to resume the game when the Referee deems so.

d) If due to illness or injury, a player has been designated as a goaltender, they may return to play as a non-goaltender should one of the 2 registered goaltenders returns.

e) Any penalized player who is injured may proceed to the dressing room, but he must be replaced on the penalty bench by a substitute who was on the ice at the time of the infraction.

f) A penalized player who does not have a time penalty to serve and is injured may proceed to the dressing without having to place a substitute on the penalty bench. If an injured penalized player returns to the players bench before his penalty has expired, he shall take his place in the penalty box immediately at the 1st stoppage after his return. If he takes part in the play before his penalty would have expired, he shall be assessed another 2-minute minor penalty for "Ineligible Player".

g) When a player is injured and cannot continue in the play or get to his bench, play shall not be stopped until the injured players team gains possession of the puck. If the injured players team has possession of the puck, play shall be stopped immediately unless his team is in a scoring position. The Referee will allow that play to finish before stopping play.

h) WHERE THERE IS SUSPICION THAT A PLAYER IS SERIOUSLY INJURED, ANY ON ICE OFFICIAL MAY STOP PLAY. THIS IS A PLAYER SAFETY ISSUE.

i) When play has been stopped due to an injured player other than a goalie, that player must leave the ice. That includes any injury on a penalty. He shall not be permitted back on the ice until play resumes. If the player refuses to leave the ice, he will be assessed a Delay of Game penalty.

j) If the Referee stops play because he thinks an injury has occurred, and there is no injury, that player still must leave the ice until play resumes.

k) The Referee stops play for an injury. Once play resumes the injured player scores a goal. That player did not leave the ice after the stoppage for his injury. The opposing team appeals to the Referee that the injured player did not leave the ice surface. If it is brought to the attention of the Referee before play resumes that player would be classified as an "Ineligible Player". This ruling would also apply to any goal scored while that injured player is on the

ice, whether he is involved in the goal or not. The Referee would wash out the goal and assess the player a 2-minute Minor Penalty. This only applies if brought to the Referees attention before play resumes after the goal is scored. If this happens later in the game, the Referee can take no action against the player or team.

l) When play is stopped due to an injured player, the face-off will take place at the face-off dot in the zone closest to the spot where play was stopped. If the injured players team has possession in the attacking zone, the face-off will be conducted at the dot closest to the injury in the neutral zone. If a defending player is injured in their defending zone, the face-off takes place at the dot nearest in the defending zone.

m) Any player who is bleeding cannot return to the game until the bleeding has been stopped and covered. He must remain off the ice until the next stoppage of play.

SECTION SEVEN – PLAYING AREA

Rule 79 – Rink

a) All HSL/JPHL games shall be played on an ice surface known as the “Rink”.

b) The HSL/JPHL will play games on a rink that is recommended and approved by the HSL/JPHL.

c) The rink will be enclosed by the boards. They may be constructed of wood, plastic, or fiberglass. The surface of the boards should be white, with a base plate that should be yellow.

d) Glass, plexiglass, or other similar material shall be mounted to the boards, flush to the playing surface to stop puck from leaving the playing surface. Attached to the roof and mounted on the glass shall be a netting to prevent pucks from going in the spectator area.

Rule 80 – Division of Ice Surface

a) A red line shall run from each end of the rink, 2 in wide and will be known as the “Goal Line”. The blue lines, 12 in wide shall be marked on the ice parallel

to the goal lines at a point 64 ft from the goal line. This will also be referred to as the Neutral zone. Midway between the goal lines, a red Line, 12 in wide shall be marked on the ice, parallel to the goal lines. This line shall be known as the “Centre Red Line”.

b) That portion of the ice surface in which the goal is situated shall be referred to as the “Defending Zone” of the team defending that goal. The central portion shall be known as the “Neutral Zone”, The portion furthest from the defending goal shall be referred to as the “Attacking Zone”.

Rule 81 – Goal Posts and Nets

a) In the center of the goal lines, regulation goal posts and nets of approved design and materials shall be placed in such a manner as to remain stationary during the game.

b) The goal posts shall be 6 ft apart, measured from the inside of the posts. It shall be 4 ft high measured from the ice surface and be made of the same material as the goalposts. The crossbar shall be Securely fastened to both goalposts. The crossbar will be 2 in in diameter. The area enclosed by the goalposts and crossbar will be known as the “goal”.

c) The net attached shall be of approved materials and design and attached to the back of each net. The goal frame shall be painted red, while the base plates inside and supports other than the goal posts shall be a light color.

Rule 82 – Goal Crease

a) In front of each goal, a “Goal Crease” area shall be marked by a red line 2 in wide.

b) The goal crease area shall be marked by a blue, yellow, or off-white semi-circle. It will be a 6 ft radius marked by 2 in red marking.

c) The goal crease area shall consist of all space marked by the crease lines and extend vertically to the top of the goal frame.

Rule 83 – Centre Ice Dot and Circle

a) A round spot 12 in in diameter shall be marked on the ice exactly in the center of the rink. A circular line 2 in wide with a radius of 15 ft will then be marked on the ice.

Rule 84 – Neutral Zone Face-off Dots

a) Two red dots, 2 ft in diameter shall be marked on the ice in the neutral zone. They will be 5 ft from each blue-line, same distance from the boards as the end zone face-off dots. 3 in from the top and bottom of the spot, 2 parallel lines 3 in from the top and bottom of the spot shall be marked on the ice.

Rule 85 – End Zone Face-off Dots and Circles

a) In both ends of the rink, on both sides of each goal, red face-off dots and circles shall be painted on the ice. Each dot shall be 2 ft in diameter and the circles will have a radius of 15 ft from the center of the dots. The lines of the circle shall be 2 in wide, 18 ½ ft and 21 ½ ft from the goal-line and parallel to it. Two red lines 2 ft in length and 2 in wide will be marked on the ice extending from both sides of each face-off circle. Within each dot two parallel lines 3 in from the top and bottom of the dot. 1 ft away from the edge of the face-off dot, two lines shall be painted parallel with the side boards that shall be 4 ft in length and 18 in apart.

b) The location of the end zone face-off dots shall be 20 ft from each goal-line and parallel to it, mark two points 22 ft on both sides of the straight line joining the centers of the two goals. Each point shall be the center of the face-off dots and circles.

Rule 86 – Players Bench

a) Each rink shall have a bench area for the use of each team known as the “Players Bench”. It should accommodate at least 14 players and shall be directly alongside the ice preferably in the neutral zone, as close to the center of the rink and convenient to the dressing rooms.

b) The gates to the players bench should open inwards.

c) Only players in uniform and a maximum of 5 team officials shall be permitted on the bench. The only time the maximum can go to 6 is if the 6th person is identified as the trainer/athletic therapist. These individuals shall be entered on the Official Game Report.

d) During the game, Coaches, Managers, Trainers, or other authorized team officials shall be restricted to the area inside of their players bench, including their teams' gates. Any violation will be called a 2-minute Bench Minor penalty.

e) The Home Team will occupy the bench marked Home and must start in the end that corresponds to that end. Teams' alternate ends of the ice at the start of each period but do not change benches. Teams must remain on their benches at the conclusion of the game until directed by the Officials to exit. Any violation of this rule will result in a Game Misconduct assessed to the Head Coach, or his replacement.

Rule 87 – Penalty Bench

a) Each rink will have a bench across the ice from the Players benches called the "Penalty Bench". It will be used for placing penalized players, the Game Timekeeper, Official Scorer and Penalty Timekeeper.

b) The gates shall open inwards. There will also be an area known as the Referees crease outside of the penalty box. The Referees Crease will be a semi-circle 10 ft in radius in front of the Game Timekeeper.

c) Each team will have a separate penalty box, designated Home, and Visitor.

Rule 88 – Game Clock and Signals

a) Each rink will have a clock so spectators, players, coaches, and game officials can be informed as to the time in the game. Each rink shall have a sound device to indicate the 0.00 mark on the clock. If equipped, when the clock reaches 0.00, goal lights will turn green. This indicates a goal cannot be scored.

b) If a goal has been scored and the green light is on, a Referee can consult with the Goal Judge if applicable. If Goal Judges are not present, the Referee in

consultation with the Linesmen shall have the final decision as to whether a goal is scored or not.

Rule 89 – Dressing Rooms

a) Each rink shall provide a dressing room with a sanitary toilet and shower for the use of both Teams.
b) A separate dressing room shall be provided for the Referees and Linesmen.
c) See HSL Policies Manual regarding other dressing room and Co-Ed Dressing Room Policies.
d) No team officials, players or any person affiliated with any club may enter any inappropriate discussions with any Referee or Linesmen during or after the game. No person, except authorized HSL/JPHL representatives shall be allowed in the Officials dressing room. If the Officials must pass by either Teams dressing room, no Team Official or player shall confront the Officials as they go to their room. For any violation of this rule, the matter shall be reported by the Officials to the RIC for further action.

SECTION EIGHT – GAME FLOW

Rule 90 – Start of Game or Periods

The game shall commence at the time scheduled by a face-off in the centre of the rink. It shall continue promptly at the conclusion of each intermission in the same manner. No delay shall be permitted by reason of any ceremony, exhibition, demonstration, or presentation, unless consented to reasonably in advance by the visiting team and approved by the HSL/JPHL.

A bench minor penalty for delay of game shall be imposed on either or both teams if:

- At the beginning of the game, if a team fails to appear on the ice promptly without proper justification, they will be assessed a bench minor penalty.

- If they are not on the ice or can be seen proceeding to the ice to start the game, the 2nd, 3rd or any overtime period when the intermission clock has expired, a bench minor penalty shall be imposed to the offending team.
- At the start of the 2nd, 3rd or any overtime period, all players must proceed directly to their respective players benches. Skating, warm-ups or on ice activities by non-starters is not permitted.
- At the beginning of the second and third periods (and any overtime periods), 0;00 on the clock, teams must be on the ice or be observed to be proceeding to the ice. Failure to comply will result in a bench minor penalty for delay of game.
- When the visiting team must proceed by way of the ice to their dressing room at the end of a period, they must wait for a signal from one of the Officials before proceeding.

a) To start the game, at the beginning of each period, including any overtime periods, and following the scoring of a goal, the Referee shall conduct a face-off at the centre ice spot.

b) Home team shall have the choice of goals to defend at the start of the game, unless the benches are indicated by Home/Visitor designation.

c) At the beginning of each period, only the players taking part in the actual face-off shall be allowed on the ice. All other players not taking part in the face-off shall go directly to their benches. For a violation of this rule, a bench minor penalty for delay of game shall be assessed to the offending team.

d) In the event of an unforeseen delay in the playing of the game, the on-site HSL/JPHL Representative, in his best judgement, shall reset the clock to the appropriate allotted time remaining in the ice slot to finish the game. The representative will relay this information to the timekeeper and the Referee, who will pass that information along to both coaches. This situation is not a debate. The HSL/JPHL representative decision is full and final. Any objection shall be made to the RIC and not discussed with the Representative in attendance. Any violation will be subject to further review by the RIC and possible fines or suspension to the appropriate individual.

Rule 91 – Game and Intermission Timing

The time allowed for the game shall be set out according to the allotted ice slot in accordance with HSL/JPHL regulations.

a) Play shall resume promptly following each intermission upon the expiration of the allotted time set forth by the HSL/JPHL from the completion of play in the preceding period. Timing of the intermission commences immediately upon the conclusion of the period.
b) If any unusual delay occurs within 5 minutes at the end of the first or second periods, the Referee may order the next regular intermission to be taken immediately. The balance of the period will be completed on the resumption of play with the teams defending the same goals after which the teams will change ends and resume play without delay. If the delay takes place with more than five minutes remaining in the first or second period, the Referee will order the next regular intermission to be taken immediately in consultation with the HSL/JPHL representative.
c) If the time allotted for the game is such that the time on the clock is more than what's remaining in the ice slot, the HSL/JPHL Representative shall go to the timekeeper and adjust the clock to the appropriate time so that the game may be completed according to the time allowed. The HSL/JPHL Representative is solely responsible for this decision, and it will be respected when it happens.
d) In the event of any dispute regarding time, the matter shall be referred to the Referee in charge and his decision shall be final.

Rule 92 – Goals

A goal shall be scored when the puck shall have been put between the goal posts by the stick of a player of the attacking side, from in front and below the crossbar, an entirely across the red line with the goal frame in its proper position.

a) The puck Is put into the goal in any manner by a player of the defending team. The player of the attacking team who last played the puck shall be credited with the goal, but no assist.

b) A goal shall not be allowed if the puck has been directed into the net because of a distinct kicking motion by an attacking player, or after being kicked, the puck deflects off any player or stick into the net.

c) If an attacking player has the puck deflect into the net, off his skate or body, in any manner, the goal shall be allowed. The goal shall not be allowed if the puck is deliberately directed into the net by any part of the body of an attacking player other than his stick.

d) If a goal is scored because of a puck deflecting directly into the goal off the person or skates of an official, the goal shall not be allowed.

e) Should a player propel the puck into the goal crease of the opposing team and the puck becomes loose and available to an attacking player, the puck shall be considered in the crease legally and any goal scored on this play shall be legal goal.

f) Any goals scored, other than as covered by the official rules, shall not be allowed.

g) Apparent goals shall be disallowed by the Referee for the following reasons:
   i. When the puck has been directed, batted, or thrown into the net by an attacking player other than with a stick.
   ii. When the puck has been kicked using a distinct kicking motion.
   iii. When the puck has deflected directly into the net off an official.
   iv. When a goal has been scored and an ineligible player is on the ice.
   v. When an attacking player has interfered with the goaltender in his goal crease.
   vi. When the puck has entered the net after contacting an attacking player stick that is above the height of the crossbar. Where the puck contacts the stick is the determining factor.
   vii. When a Linesman reports a double minor penalty, a major penalty or a match penalty to the Referee following the scoring of a goal by the offending team, the goal must be disallowed, and the appropriate penalty assessed.
   viii. When a goalkeeper has been pushed into the net together with the puck after making his save.

ix. When the net becomes displaced accidentally. The goal frame is to be considered displaced if either or both goal pegs are no longer in their respective holes on the ice or the net has come completely off one or both pegs, prior to or as the puck enters the goal.

x. During the delayed calling of the penalty, the offending team cannot score unless the non-offending team shoots the puck into their own net. This shall mean that a deflection off an offending player or any physical action by an offending player that may cause the puck to enter the non-offending teams' goal, shall not be considered a legal goal. Play shall be stopped before the puck enters the net (whenever possible) and the penalty assessed to the offending player.

xi. When the Referee deems the play has been stopped, even if he had not physically or had the opportunity to stop play by blowing his whistle.

xii. Any goals scored, other than as covered by the official rules, shall not be allowed.

Rule 93 – Hand Pass

A player shall be permitted to stop or bat a puck in the air with his open hand, or push it along the ice with his hand, and play shall not be stopped unless, in the opinion of the on-ice officials, he has directed the puck to a teammate, or has allowed his team to gain a territorial advantage and subsequently possession and control of the puck is obtained by a player of the offending team. This action shall take place in either the neutral or attacking zone. The determination as to which zone the player is in will be determined by his skates. Play will also be stopped if this action is either directly or deflected off any player or official.

a) A player shall be permitted to catch the puck out of the air but must immediately place it or knock it down to the ice. If he catches it and skates with it, either to avoid a check or to gain a territorial advantage over his opponent, a 2-minute minor penalty must be assessed for closing his hand on the puck.

b) A 2-minute minor penalty shall be assessed any player, except the goaltender, who while play in progress, picks up the puck with their hand.

c) If a player of the defending team, except the goaltender, picks up the puck from the ice while it is in their team's goal crease, the play shall be stopped, and a penalty shot shall be awarded to the non-offending team.

d) When a hand pass violation has occurred, the ensuing face-off shall take place at the nearest face-off dot in the zone where the offence occurred, unless the offending team gains a territorial advantage, then the face-off shall be at the nearest face-off dot in the zone where the stoppage of play occurred, unless otherwise covered in the rules. When a hand pass violation occurs by a team in their attacking zone, the ensuing face-off shall be conducted at one of the face-off dots outside the defending team's blue line in the neutral zone.

e) A goalkeeper shall be assessed a 2-minute minor penalty when he throws the puck forward towards the opponent's net. In the case where the puck is thrown forward by a goalkeeper and is picked up by an opponent, the Referee shall allow the resulting play to be completed, and if a goal is scored by the non-offending team, it shall be allowed an no penalty given. If a goal is not scored, play shall be stopped, and a 2-minute minor penalty shall be imposed against the goalkeeper.

f) A goal shall not be allowed if the puck has been batted with the hand or any part of the body by the attacking player into the net or, after being batted, the puck deflects off any player or stick into the net.

Rule 94 – High Sticking the Puck

Batting the puck above the normal height of the shoulders with the stick is prohibited. When a puck is struck with a high stick and subsequently comes into possession and control of a player from the offending team, including the player who contacted the puck, either directly or deflected off any player or official, there shall be a whistle.

a) When a puck has been contacted by a high stick, the play shall be permitted to continue, provided that:

   i. The puck has been battered to an opponent. When a player bats the puck to an opponent, the Referee shall give the washout signal immediately. Otherwise, he will stop the play.

ii. A player of the defending side shall bat the puck into his own goal in which case the goal shall be allowed.

iii. Cradling the puck on the blade of the stick, like lacrosse, above the normal height of the shoulders shall be prohibited and a stoppage of play shall result. If this is done by a player on a penalty shot or shootout attempt, the shot shall be stopped immediately and considered complete.

b) When the play is stopped for the high sticking the puck violation, the ensuing face-off must take place at the spot that provides the least amount of territorial advantage to the team striking the puck (either where the puck was contacted illegally, or where it was last played by the offending team). If the attacking team is at fault and play is stopped while the puck is in the attacking zone, the ensuing face-off must be moved to the nearest face-off dot in the neutral zone.

c) When an attacking player causes the puck to enter the opponent's goal by contacting the puck above the height of the crossbar, either directly or deflected off any player or official, the goal shall not be allowed. The determining factor is where the puck contacts the stick. If the puck contacts the stick at or below the level of the crossbar and enters the goal, this goal shall be allowed.

d) A goal scored as the result of a defending player striking the puck with his stick carried above the height of the crossbar of the goal frame into his own goal shall be allowed.

e) Should a player whose shoulders are below the height of the crossbar because of their size, the determining factor of whether a puck is high sticked shall be the players shoulders. This would also come into effect as the determining factor should a goal be scored as his shoulders are below the height of the crossbar.

f) When either team is below the numerical strength (shorthanded) of its opponent and a player of the team of greater numerical strength (power play) causes a stoppage of play by striking the puck with his stick above the height of the shoulder, the resulting face-off shall be made at one of the end-zone

face-off dots adjacent to the goal of his team. The numerical strength is determined at the time the play is stopped, not necessarily when the puck was struck with the high stick.

g) Should a player of the team of greater numerical strength (power play) cause a stoppage of play by striking the puck with his stick above the height of the shoulder, and in doing so causes the puck to go out of play, the resulting face-off shall be made at one of the end-zone face-off dots in his own zone.

h) Should a player of the team of greater numerical strength (power play) cause a stoppage of play by striking the puck with a stick above the height of the crossbar, and in doing so causes the puck to enter the goal, the goal shall be disallowed, and the resulting face-off shall still be made at one of the end-zone face-off dots in his own defending zone.

Rule 95 – Throwing Stick or Object

Where any player of the defending team, including the goaltender, deliberately throws his stick or any part thereof or any other object at the puck or puck carrier in the defending zone, the Referee shall allow the play to be completed and, if a goal is not scored, a penalty shot shall be awarded to the attacking team. If a goal is scored, the penalty shot shall not be awarded.

a) A 2-minute minor penalty shall be assessed any player who deliberately throws his stick or any part thereof or any other object at the puck or puck carrier in any zone, except when such act has been penalized by the awarding of a penalty shot or a goal.

b) A 2-minute minor penalty for throwing a stick or other object, as applicable, shall be assessed any player who deliberately throws his stick or any part thereof or any other object in any zone, but not at the puck or puck carrier.

c) The penalty to be assessed is determined by the location of the puck or puck carrier when the stick contacts either the puck or the puck carrier. However, it should be remembered that the stick may not reach the puck or puck carrier and the appropriate penalty would still be assessed. The Referees will be reacting to the act, not the result.

Rule 96 – Throwing Equipment

A player shall not throw a stick or any other object in any zone. A player who has lost or broken his stick may only receive a stick at his own players bench or be handed one from a teammate on the ice.

a) A 2-minute minor penalty shall be imposed on any player on the ice who throws his stick or any part thereof or any other object in the direction of the puck or an opponent in any zone, except when such act has been penalized by the assessment of the penalty shot or the awarding of a goal.
b) When a defending player shoots or throws a stick or any other object at the puck or the puck carrier in the defending zone but does not interfere in any manner with the puck or puck carrier, a 2-minute minor penalty shall be assessed.
c) When a player discards the broken portion of a stick or some other object by tossing it or shooting it to the side of the ice, and not over the boards, in such a way as it will not interfere with the play or opposing player, no penalty will be imposed for doing so. When moving a stick that is not broken, no penalty shall be assessed if it does not interfere with the play and the player who lost said stick is not attempting to retrieve it, otherwise an interference penalty must be assessed.
d) Should any player, coach, or non-playing person on the players bench or penalty bench throw anything on the ice during the progress of the game or during a stoppage of play, a 2-minute bench minor penalty for unsportsmanlike conduct shall be assessed.
e) A misconduct penalty shall be imposed on a player who unintentionally or accidentally throws his stick or any part thereof or any other object or piece of equipment outside the playing area. If the offence is committed intentionally, a game misconduct penalty shall be assessed to the offending player. If the offence is committed in protest of an official's decision, a 2-minute minor penalty for unsportsmanlike conduct plus a game misconduct penalty shall be assessed to the offending player.

f) If a player attempts to or deliberately injuries an opponent by throwing a stick or any other object or piece of equipment at an opposing player, coach, or non-playing club personnel, he shall be assessed a match penalty. If injury results from the thrown object, a match penalty must be assessed for deliberate injury of an opponent.

g) When any member of the defending team, including the coach or any non-playing personnel, throws or shoots any part of a stick or any other object or piece of equipment at the puck or puck carrier in his defending zone, the Referee or Linesman shall allow the play to be completed and if a goal is not scored, a penalty shot shall be awarded to the non-offending team. This shot shall be taken by the player designated by the Referee as the player fouled. If the officials are unable to determine the person against whom the offence was made, the non-offending team shall designate a player on the ice at the time of the offence to take the shot.

h) If a player on a breakaway in the neutral or attacking zone is interfered with by a stick or any object or piece of equipment that is thrown by a member of the defending team, including the coach or any non-playing club personnel, a penalty shot shall be awarded to the non-offending team.

i) If a player on a breakaway in the neutral or attacking zone is interfered with by an object thrown on the ice by a spectator that causes him to lose possession of the puck or fall, the Referee shall award a penalty shot to the player who was fouled.

j) If, when the opposing goalkeeper has been removed, a player of the defending team, including the coach or any non-playing personnel, throws or shoots any part of a stick or any other object or piece of equipment at the puck or puck carrier in the neutral or his own defending zone, thereby preventing the puck carrier from having a clear shot on an open net, a goal shall be awarded to the attacking team. For purpose of this rule, an open net is defined as one from which a goalkeeper has been removed for an additional attacking player. The goalkeeper is considered off the ice once the replacement player has entered t

Rule 97 – Equipment

The onus is on the player to maintain his equipment and uniform in playing condition as set out in these rules.

a) All protective equipment, except gloves, headgear and goalkeepers leg guards must be worn under the uniform. For violation of this rule, after a warning by the Referee, a 2-minute minor penalty shall be imposed. Players violating this rule shall not be permitted to participate in the game until such equipment has been corrected or removed. Play shall not be stopped, nor the game delayed by reasons of adjustments to clothing, equipment, skates, or sticks. For an infringement of this rule, a 2-minute minor penalty shall be given.
b) No delay shall be permitted for the repair or adjustment of goalkeeper's equipment. If adjustments are required, the goalkeeper shall leave the ice and his place shall be taken by the substitute goalkeeper immediately. For an infraction of this rule by a goalkeeper, a 2-minute minor penalty shall be imposed. The Referee will be granted wide latitude in the adjustment of a goaltender's equipment.
c) If the goaltender must leave the goal crease area for an equipment adjustment and has received permission from the Referee, and the alternate goaltender is dressed, the alternate goaltender shall take his place in the game if the Referee determines the repair or adjustments will take some time. The alternate goalkeeper must remain in the game until play resumes. For a violation of this rule, a 2-minute minor penalty for delay of game shall be assessed.

Rule 98 – Measurement Guidelines

The measurement of any equipment, players and goalie sticks, goalie pads or gloves shall be carried out immediately when requested by a team. No measurements of any kind shall be carried out by the Referee unless a formal request has been made by a team, through the proper manner.

a) When a formal complaint has been made to the Referee by the Captain or Alternate Captain, for a stick measurement, the player must be on the ice at

the time the request is made to the Referee. Once that request is made, if the Officials maintain visual contact with that stick, it can be measured. This means that if a player whose stick is to be measured steps off the ice into his players bench, that stick may still be measured provided the request was made prior to him leaving the ice surface and the stick remains in the view of at least one of the on-ice Officials.

b) All players shall return to their respective benches while the Referee conducts the measurement at the Referee Crease at the Penalty Bench.
c) If the request for any measurement is not sustained, the complaining team will be assessed a 2-minute Bench Minor Penalty.
d) Only one measurement per stoppage of play will be allowed.
e) Any illegal equipment shall be removed or adjusted without any unnecessary delay. In the event a stick is found to be illegal, it will remain in the Penalty Timekeepers Box until the end of the game, when such stick will be returned to the player.
f) When a stick measurement has been requested by a team through the Captain or Assistant Captain, they must first designate what specific part of the stick is to be measured.
g) No goal will be disallowed because of any measurement following a goal.
h) In games in which there is overtime, there shall be no request for a stick measurement after the scoring of a goal.
i) Any player who deliberately breaks his stick or refuses to surrender his stick for measurement when requested by the Referee shall be assessed a 2-minute minor penalty plus a Game Misconduct.

Rule 99 – Fighting

Definition: A player who repeatedly punches an opponent during game action, after a whistle, or any time during the regular course of a game during a prolonged player confrontation.

a) The Referees are provided a very wide latitude in the penalties with which they may impose under this rule. This is done intentionally to enable them to differentiate between the obvious degrees of responsibility of the participants

either for starting the fight or for persisting in continuing the fighting. The discretion provided should be exercised realistically.

b) An altercation is a situation involving two players with at least one to be penalized.

c) An instigator of an altercation shall be a player who by his actions or demeaner demonstrates any or some of the following criteria:
   - ❖ Distance traveled
   - ❖ Gloves off first
   - ❖ First punch thrown
   - ❖ Menacing attitude or posture
   - ❖ Verbal instigation or threats
   - ❖ Conduct in retaliation to a prior game incident
   - ❖ Obvious retribution for a previous incident in the game or season

d) A player who is deemed to be the instigator of an altercation shall be assessed a 2-minute minor for instigating, a 5-minute major penalty for fighting, a 10-minute misconduct and a Game Misconduct.

e) A player who is deemed to be both the instigator an aggressor of an altercation is to be assessed a 2-minute minor for instigating, a 5-minute major penalty for fighting, a 10-minute misconduct (instigator) and a game misconduct penalty (aggressor) and an additional Game Misconduct for the major penalty.

f) The aggressor in an altercation shall be the player who continues to throw punches to inflict punishment on his opponent who is in in a defenceless position or a who is unwilling combatant.

g) A player must be deemed the aggressor when he has clearly won the fight, but he continues throwing or landing punches in a further attempt to inflict punishment or injury on his opponent who is no longer able to defend himself.

h) A player who is deemed to be the aggressor of an altercation shall be assessed a 5-minute major penalty for fighting and a game misconduct.

i) When a fight occurs, all players not engaged shall immediately go to the area of their players benches and in the event the altercation takes place at the players bench, the players on the ice from that team shall go to their

defending zone. Goalkeepers shall remain in their goal crease, except in the event the altercation takes place in the vicinity of the goal crease, and therefore shall obey the directions of the Referee. Failure to comply can result in penalties occurred for their involvement in or around the area outlined.

j) Any player who persists in continuing or attempting to continue a fight or altercation after he has been ordered by the Referee to stop, or who resist a Linesman in the discharge of his duties shall, at the discretion of the Referee, shall incur a misconduct or game misconduct penalty in addition to any other penalties imposed.

k) No player may remove his helmet prior to engaging in a fight. If he should do so, he shall be assessed a 2-minute minor penalty for unsportsmanlike conduct. Helmets that come off during and resulting from the altercation will not result in a penalty to either player.

l) A game misconduct penalty shall be imposed on any player who was assessed a 5-minute major penalty for fighting after the original altercation has started.

m) Notwithstanding this rule, at the discretion of the Referee, the automatic game misconduct penalty may be waived for a player in the altercation if the opposing player was clearly the instigator of the altercation.

n) A misconduct or game misconduct penalty shall be imposed on any player involved in fighting off the playing surface or with another player who is off the playing surface. These penalties are in addition to any other time penalties assessed, including the 5-minute major penalty for fighting.

o) Whenever a coach or other non-playing club personnel becomes involved in an altercation with an opposing player, coach, or other non-playing club personnel on or off the ice, he shall be automatically suspended from the game, ordered to the dressing room and the matter will be reported to the RIC.

p) Any player wearing tape or any other material on his hands, below the wrist, who cuts or injuries an opponent during an altercation will receive a match penalty in addition to any other penalties imposed including for fighting under this rule.

q) A match penalty shall be assessed to a player who punches an unsuspecting opponent and causes an injury.

r) A game misconduct penalty, at the discretion of the Referee, shall be imposed on any player who is the first to intervene (third man in) in an altercation already in progress except when a match penalty is being imposed in the original altercation. This penalty is in addition to any other penalties incurred in the same incident. This rule also applies to subsequent players who elect to intervene in the same or other altercations during the same stoppage of play. Generally, this rule is applied when a fight occurs.

s) A 2-minute minor penalty or a 5-minute major and a game misconduct penalty shall be assessed any player who, in the Referee's judgment, makes deliberate physical contact with an opponent after the whistle.

Rule 100 – Leaving the Players or Penalty Bench

No player may leave the players or penalty bench at any time during an altercation or for the purpose of starting an altercation.

a) A player who has entered the game while play is in progress from his own players bench or legally from the penalty bench (penalty time has expired) who starts an altercation shall be penalized under the appropriate rule and will be subject to discipline.

b) A player or players who have entered the game on a legal line change during a stoppage of play, who line up in preparation for the ensuing face-off, and who participate in an altercation shall be penalized under the appropriate rule.

c) Players shall not be permitted to come on the ice during a stoppage of play or at the end of the first and second periods for the purpose of warming up.

d) Except at the end of each period or for entering the game legally, no player may, at any time, leave the players bench. If it is necessary to proceed to the dressing room during the game, and when it is required to proceed by way of the ice to access the dressing room, the players must wait for a stoppage of play and ensure there are no altercations in progress before proceeding.

e) The player who was the first or second player to leave the players, or penalty bench, during an altercation or for the purpose of starting an altercation, from either or both teams shall be assessed a game misconduct penalty.

f) The 1st player to leave the players or penalty bench illegally during an altercation or for the purpose of starting an altercation from either or both teams shall be suspended automatically for the next 10 regular season or playoff games of his team.

The 2nd player to leave the players or penalty bench illegally during an altercation or for the purpose of starting an altercation from either or both teams shall be suspended automatically for the next 5 regular season or playoff games of his team.

The Coach(es) of the team(s) whose player(s) left the players bench(es) illegally during an altercation shall automatically be suspended for a minimum of 2 games pending a review by the Commissioner or the Director of Player Safety.

g) Except at the end of each period or on expiration of his penalty, no player may, at any time, leave the penalty bench.

h) A player serving a penalty on the penalty bench, who is to be changed after the penalty has been served, must proceed at once by way of the ice and be at his own players bench before any change can be made. For violation of this rule, a 2-minute bench minor penalty shall be imposed for too many men on the ice.

i) A penalized player who leaves the penalty bench before his penalty has expired, whether play is in progress or not, shall incur an additional 2-minute minor penalty after serving his unexpired penalty.

j) Any player who, having entered the penalty bench, leaves the penalty bench prior to the expiration of his penalty for the purpose of challenging an official's ruling, shall be assessed a game misconduct penalty. This rule does not replace any other more severe penalties that may be imposed for leaving the penalty bench for the purpose of starting or participating in an altercation as outlined in this rule.

k) Any penalized player leaving the penalty bench during a stoppage of play and during an altercation shall incur a 2-minute minor penalty plus a game misconduct. The 2-minute minor penalty plus the unexpired time remaining in his original penalty must be served by a replacement player placed in the penalty bench.

l) If a player leaves the penalty bench before his penalty is fully served, the penalty timekeeper shall note the time and signal the officials who will stop play when the offending players team obtains control of the puck. An additional 2-minute minor penalty must be served by this player in addition to the time remaining in his original penalty. This unexpired time is calculated from the time he left the penalty bench illegally.

m) In the case of a player returning to the ice before his time has expired through an error of the penalty timekeeper, he is not to serve an additional minor penalty, but must serve his unexpired time. This unexpired time calculated from the time he left the penalty bench. At a stoppage of play following the expiration of their penalties, if a player or players exiting the penalty bench get involved in an altercation, those coming from the penalty bench shall be assessed the penalties they incur in the altercation in addition to a game misconduct. Should a player coming from the penalty bench get involved with an opponent and the opponent is deemed to be the instigator of the altercation, then the player coming from the penalty bench would not be subject to the game misconduct.

n) A 2-minute bench minor penalty shall be imposed on a team whose player or players leave the players bench for any purpose other than a change of players and when no altercation is in progress.

o) If a coach or non-playing club personnel gets on the ice, unless directed to do so by the on-ice official, to attend to an injured player, after the start of a period and before that period is ended, the Referee shall impose a 2-minute bench minor penalty against the team and report the incident to the RIC.

p) Any player who has been ordered to the dressing room by the officials and returns to his bench or to the ice surface for any reason before the

appropriate time shall be assessed a game misconduct penalty and a report to the Director of Player Safety.

q) Once a player enters the penalty bench, he must not leave until his penalty expires and his team is entitled to an additional player on the ice, or, at the end of the period to proceed to his dressing room, or, when he has received permission from an on-ice official. At any other time, he shall be assessed at game misconduct penalty under this rule.

r) If a player of the attacking side in possession of the puck shall be in such a position as to have no opposition between him and the opposing goalkeeper, and while in such position he shall be interfered with by a player of the opposing side who shall have illegally entered the game, the Referee shall impose a penalty shot.

s) If, when the opposing goalkeeper has been removed from the ice, a player of the side attacking the unattended goal is interfered with in the neutral or attacking zone by a player who shall have entered the game illegally, the Referee shall immediately award a goal. If a penalized player returns to the ice from the penalty bench before his penalty has expired by his own error or by the error of a penalty timekeeper, any goals scored by his team while he is illegally on the ice shall be disallowed but all penalties imposed on either team shall be served as regular penalties.

t) If a player shall illegally enter the game from his own players bench or from the penalty bench, any goals scored by his own team while he is illegally on the ice shall be disallowed but all penalties imposed on either team shall be served.

u) At the end of each period, all players must remain on their respective players benches or penalty bench until directed by the Referee. The visiting team shall leave the ice first, unless otherwise directed by the Referee. Failure to comply shall result in a 2-minute bench minor penalty. A game misconduct penalty shall be assessed to the coach of any team that fails to comply with this rule at the end of the game if an altercation that results in penalties of any kind is either in progress as the game ends or begins after the game has ended.

Rule 101 – Refusing to Play the Puck

The purpose of this section is to enforce continuous action and both Referees and Linesmen should interpret and apply the rule.

a) When a hand pass has been initiated by one player to a teammate and the teammate elects not to play the puck to avoid the stoppage of play, and the opposing team also abstains from playing the puck, perhaps to allow time to expire on a penalty, the Referee shall stop play and order the resulting face-off at the nearest face-off location to where the play was stopped for this violation.
b) When a player contacts the puck with the stick above the normal height of the shoulders and a teammate elects not to play the puck to avoid to stoppage of play, and the opposing team also abstains from playing the puck, perhaps to allow time to expire on a penalty, the Referee shall stop play and order the resulting face-off at the face-off spot in the zone to nearest to where the play was stopped for this violation.
c) When the Referee signals the delayed calling of a penalty to one team and a player of that team intentionally abstains from playing the puck to allow additional time to expire on the game or penalty time clock, the Referee shall stop play and order the resulting face-off at one of the face-off spots in the offending teams defending zone.

Rule 101 – Refusing to Start Play

This rule applies to teams who refuse to play while both teams are on the ice or who withdraws from the ice and refuses to play or who refuses to come onto the ice at the start of the game or at the beginning of any period of the game, when ordered to do so by the Referee.

a) A player or team official who refuses to leave the bench or playing area after he has been assessed a game ejection, a game misconduct penalty, a gross misconduct, or match penalty, immediately after being ordered to do so by the Referee shall be reported to the RIC. The Referee shall report full details of the incident to the RIC.

b) If a team, when ordered to do so by the Referee through its club executive, manager, or coach, fails to go on the ice and start play within 2 minutes, the club executive, manager, or coach shall be reported to the RIC, and the game may be forfeited.

i. Once it is apparent to the Referee that the team is refusing to come onto the ice and begin play, a 2-minute bench minor penalty is to be assessed to the offending team for delay of game.

ii. 2 minutes will be provided for the offending team to return to the ice and begin play.

iii. After the 2 minutes has elapsed and the offending team still has not returned to the ice to resume play, the game may be forfeited. The commissioner of the League or his designee (RIC) shall issue instructions pertaining to the game.

iv. Once the club executive, manager or coach has been notified of the 2-minute warning period and the team returns to the ice to resume play within that time frame, a 2-minute bench minor penalty for delay of game must be assessed to the offending team and an additional game misconduct shall be assessed to the coach.

v. The commencement of the 2-minute warning and the reason for such warnings shall be announced over the public address system, on the instructions of the Referee.

Rule 102 – Physical Abuse of Officials

a. Any player who deliberately applies physical force in any manner against an official, in any manner attempts to injure an official, physically demeans, or deliberately applies physical force to an official solely for the purpose of getting free of such of an official during or immediately following an altercation shall receive a game misconduct penalty. Such actions shall be reported to the RIC and the Director of Player Safety.

b. Any player who deliberately strikes an official and causes injury or who deliberately applies physical force in any manner against an official with intent to injure, or who in any manner attempts to injure an official shall be assessed

a match penalty. The Referee shall report this incident to the RIC and the Director of Player Safety.

c. Any player who deliberately applies physical force to an official in any manner, excluding actions as set out in B, which physical force is applied without intent to injure, or who spits on an official, shall be assessed a gross misconduct penalty. Such action shall be reported to the RIC and the Director of Player Safety.

d. Any player who, by his actions, physically demeans an official or physically threatens an official by, but not limited to, throwing a stick or any other piece of equipment or object at or in the general direction of official, shooting the puck at or in the general direction of official, spitting at or in the general direction of official, or who deliberately applies physical force to an official solely for the purpose of getting free of such an official immediately following an altercation shall be assessed a game misconduct penalty. At the discretion of a Referee, he may assess a match penalty. This shall be immediately reported to the RIC and the Director of Player Safety.

e. Any manager, coach or non-playing club personnel who holds or strikes or attempts to strike an official shall automatically be suspended from the game, ordered to the dressing room and the matter reported to the commissioner for further action.

f. In respect to this section, all the above subsections cover the Referee, Linesmen, any HSL/JPHL Representative and all off-ice personnel before, during and after the game. Any such incidents shall be reported to the RIC and the Director of Player Safety.

Rule 103 – Supplementary Discipline

a) The SISE reserves the right and the Commissioner or his designee may, at his discretion, investigate any incident that occurs in connection with any pre-season, exhibition, league or playoff game and may assess fines and or suspensions for any offense committed during the course of a game or any aftermath thereof by a player, goalkeeper, trainer, manager, coach or any

other non-playing club personnel or club executive, whether or not such offense has been penalized by the Referee.

b) If an investigation is requested by a club or the league on its own initiative, the SISE will attempt to gather all information, written and by video if available, to make their final decision. Due to the unique aspect of our games, there may be an immediate suspension for the short term until the SISE has had the opportunity to do its due diligence into the situation.

   i. With respect to supplementary discipline, if a team wishes to contest a Referee's decision on a particular play which could result in a suspension of that player, the SISE Representative, the Referee in Chief, the Director of Officiating and any Officiating Managers in attendance and witness to the incident, shall file a written report immediately. Upon notice in writing from the team representative requesting a review of the incident, a bond of 500.00 must be submitted to the SISE. The SISE will convene a hearing at its earliest convenience allowing the player in question to play until a resolution from the hearing is determined. If the suspension is upheld, the player will be suspended for the appropriate games in that teams next scheduled HSL games. If the suspension is not upheld, the team receives the bond back and no further suspension to the player. In consultation will all parties involved, and as much information that is submitted, but not limited to video from the game, the SISE will make a ruling on that play or player. If the team is successful, the bond is returned to the team. If the decision of the Referee is upheld, the suspension shall remain in effect. The SISE at its discretion, may increase the penalty if the Referee has erred in the rule application, but the Referee has had to make a penalty call.

Rule 104 – Official Scorer

a) The Official Scorer shall record all goals and any assists as given them from the Referee. They will also accurately record all penalties assessed, stating the players name, number, and infraction with the correct duration of the penalties.

Rule 105 – Penalty Timekeeper

a) The Penalty Timekeeper shall keep the time served by all penalized players. They shall oversee releasing the player from the penalty bench upon expiration of their penalty or after the 1st stoppage of the expiration of that penalty.
b) If a player leaves the penalty bench before his time has expired, the Penalty Timekeeper shall note the time and signal the Referee upon completion of play.

Rule 106 – Game Timekeeper

The Game Timekeeper shall record the start and finish time of each game and all playing time during the game.

In the event of any dispute regarding time, the matter shall be referred to the Referee and Linesmen and their decision shall be final.

SECTION NINE – SIGNALS

It is SISE policy that when the Referee assesses any penalty, he will make 3 signals:

- **The FIRST to stop play.**
- **The SECOND at the penalty box.**
- **Then turn towards the stands and make the THIRD signal to the stands.**

Boarding – striking the clenched fist of one hand into the open palm of the opposite hand in front of the chest

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Butt-ending – Moving the forearm, fist under the forearm of the other hand held palm down.

Charging – Rotating clenched fists around one another in front of the chest

Checking from Behind – A forward motion of both arms, with the palms of the hands open and facing away from the body, fully extended from the chest at shoulder level.

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Clipping - Striking leg with either hand behind the knee, keeping both skates on the ice.

Cross-Checking - A forward and backward motion of the arms with both fists clenched, extending from the chest for a distance of about one foot.

Delayed Off-Side - Non-whistle arm fully extended above the head. To nullify a delayed off-side, the Linesman shall drop the arm to the side.

Delaying the Game - Extending the non-whistle arm fully above the head.

The non-whistle hand, palm open, is placed across the chest and then fully extended directly in front of the body.

Elbowing - Tapping either elbow with the opposite hand.

Fighting - Clenched fists side-by-side in front of the chest.

Goal Scored - A single point directed at the goal in which the puck legally entered.

Hand Pass - With the palm open and facing forward, a pushing motion towards the front of the body once or twice to indicate the puck was moved ahead with the hand.

Head-Butting - No signal in the Hockey Super League.

NO SIGNAL

High-Sticking - Holding both fists clenched, one slightly above the other (as if holding a stick) at the height of the forehead.

Holding - Clasping either wrist with the other hand in front of the chest

Holding the Stick - Two stage signal involving the holding signal followed by a signal indicating you are holding onto a stick with two hands in a normal manner

Hooking - tugging motion with both arms as if pulling something from in front toward the stomach.

Icing (a) - The back Linesman signals a possible icing by fully extending either arm over his head. The arm should remain raised until the front Linesman either blows the whistle to indicate an icing or until the icing is washed out.

Icing (b) - Once the icing has been completed, the back Linesman will then point to the appropriate face-off spot and skate to it, turning backwards somewhere near the blue line and crossing his arms across his chest to indicate icing

Hit to the Head – Patting flat (open hand) on the non-whistle hand on this side of the head

Interference - Crossing arms stationary in front of the chest in an "X" formation

Kicking - No signal in the Hockey Super League.

NO SIGNAL

Kneeing - Slapping either knee with the palm of the hand, while keeping both skates on the ice.

Match Penalty - No signal in the HSL/JPHL.

Misconduct - Both hands on hips.

Penalty Shot - Non-whistle arm fully extended pointing to the center ice face-off spot.

Roughing - Fist clenched and arm extended out to the side of the body.

Slashing - A chopping motion with the edge of one hand across the opposite forearm.

Spearing - Jabbing motion with both hands thrust out immediately in front of the body and then hands dropped to the side of the body (essentially the opposite to the hooking signal - away from the body rather than towards the body).

Throwing Equipment - No signal in the HSL/JPHL.

Time-Out - Using both hands to form a 'T' in front of the chest.

Too Many Men on the Ice - No signal in the HSL/JPHL.

Wash Out - A sweeping sideways motion of both arms across the front of the body at shoulder level with palms down. This signal is used by Referees to signal no goal; by the Linesmen to signal no icing and no off-side; and by all Officials to wash out a hand pass or a high-sticking the puck violation.

SECTION TEN - REFERENCE TABLES

TABLE 1 – SUMMARY OF PENALTIES TO COACHES AND NON-PLAYING CLUB PERSONNEL

1. hitting the boards with a stick
2. interference with an opponent on a breakaway
3. interference with an opponent or the puck while play is in progress
4. interference was an opponent or the puck while the goalkeeper has been removed

5. interfering with an official
6. leaving the bench by stepping onto the ice before the end of the period
7. obscene language or gestures
8. physically abusing an official
9. refusing to start play (teams in their dressing room)
10. refusing to start play (Teams on the ice)
11. throwing a stick on the ice to a player who has lost or broken a stick
12. throwing any object onto the ice
13. throwing stick (break away on an open net)
14. throwing stick (defending zone)

TABLE 2 – SUMMARY OF MINOR PENALTIES

1. boarding
2. broken stick
3. charging
4. clipping
5. closing hand on puck
6. concealing puck with hand
7. cross checking
8. delay of game
9. elbowing
10. goalkeeper interference
11. high sticking
12. holding
13. holding the stick

14. hooking
15. illegal check to the head
16. illegal equipment
17. illegal stick
18. instigator
19. interference
20. kneeing
21. leaving penalty bench too early
22. leaving the crease (goalkeeper)
23. participating in the play beyond the centre red line (goalkeeper)
24. roughing
25. slashing
26. throwing puck towards opponents' goal (goalkeeper)
27. throwing stick
28. tripping
29. use of hand on face-off
30. unsportsmanlike conduct

TABLE 3 – SUMMARY OF BENCH MINOR PENALTIES

1. abuse of officials
2. delay of game
3. deliberate illegal substitution
4. faceoff violation
5. illegal substitution
6. improper starting lineup

7. interference from players or penalty bench
8. interference with an official
9. leaving bench at end of period
10. refusing to start play
11. stepping onto the ice during (coach)
12. throwing objects onto ice
13. too many men on the ice
14. unsportsmanlike conduct
15. unsustain request for measurement

TABLE 4 – SUMMARY OF DOUBLE MINOR PENALTIES

1. butt ending
2. head butting
3. spearing
4. kneeing

TABLE 5 – SUMMARY OF MAJOR PENALTIES

1. boarding
2. butt ending
3. charging
4. checking from behind
5. clipping
6. cross checking
7. elbowing
8. fighting

9. headbutting
10. hooking
11. interference
12. slashing
13. spearing

TABLE 6 – SUMMARY OF MAJOR PENALTIES THAT RESULT IN AN AUTOMATIC GAME MISCONDUCT

1. butt ending
2. checking from behind
3. clipping
4. cross checking
5. fighting (after original altercation)
6. fighting (1 aggressor)
7. fighting (second instigator in a game)
8. fighting instigator in the final five minutes
9. fighting (third instigator in a season)
10. head butting
11. hooking
12. slashing
13. spearing

TABLE 7 – SUMMARY OF MAJOR PENALTIES THAT RESULT IN AN AUTOMATIC GAME MISCONDUCT WHEN THERE IS AN INJURY TO THR FACE OR HEAD

1. boarding
2. charging

3. elbowing

TABLE 8 – RULES WHERE MATCH PENALTY IS REFERENCED

1. boarding
2. butt ending
3. charging
4. checking from behind
5. clipping
6. cross checking
7. elbowing
8. goalkeeper who uses his blocking glove or catching glove to the head or face of an opponent
9. headbutting
10. high sticking
11. illegal check to the head
12. kicking a player or goalkeeper
13. kneeing
14. punching and injuring an unsuspecting opponent
15. slashing
16. slew footing
17. spearing
18. throwing stick or any object
19. wearing tape on hands in altercation

TABLE 9 – SUMMARY OF MISCONDUCT PENALTIES

1. banging boards with stick in protest of an official's ruling
2. continuing or attempting to continue a fight
3. deliberately breaking stick or refusing to surrender stick for measurement
4. deliberately throwing any equipment (including stick) out of playing area
5. entering or remaining in the referee's crease
6. fighting off the playing surface (or with another player who is off the playing surface)
7. inciting an opponent
8. instigating a fight
9. interfering or distracting an opponent taking a penalty shot
10. knocking or shooting puck out of the reach of an official
11. leaving bench to speak to an official
12. refusing to remove illegal piece of protective equipment (second violation)
13. use of profane or abusive language
14. verbal abuse of an official

TABLE 10 – SUMMARY OF GAME MISCONDUCT PENALTIES

1. butt ending
2. charging
3. clipping
4. continues or attempts to continue a fight
5. cross checking
6. deliberately attempts to injure a manager, coach or other non-playing

personnel

7. elbowing
8. fighting off the playing surface
9. first or second player to leave the players bench during or to start an altercation
10. first to intervene in an altercation (third man in)
11. headbutting
12. hooking
13. inciting an opponent into incurring a penalty
14. interference
15. interferes with the game official in the performance of their duties
16. intervening in an altercation
17. leaving the penalty bench during an altercation
18. obscene language or gestures
19. ordered to dressing room but returns
20. persists to challenge or dispute officials ruling
21. persistent continuing an altercation
22. physically abuses an official
23. resisting a linesman in the discharge of his duties
24. secondary altercation
25. slashing
26. spearing
27. third major penalty in a game
28. throwing stick outside the playing area

TABLE 11 – SUMMARY OF PENALTY SHOTS

1. deliberate illegal substitution
2. intentionally dislodging the net from its moorings during a breakaway
3. intentionally dislodging the net from its moorings when the penalty cannot be served in its entirety within regulation time
4. falling on the puck in the goal crease
5. picking up the puck with the hand in the goal crease
6. player on a breakaway who is interfered with by an object thrown or shot by a defending team player
7. player on a breakaway who was interfered with by a player who has illegally entered the game
8. player throws or shoots an object at the puck in the defending zone
9. player on a breakaway who was fouled from behind

TABLE 12 – SUMMARY OF AWARDED GOALS (WHEN GOALKEEPER HAS BEEN REMOVED FOR AN EXTRA ATTACKER)

1. delaying the game
2. handling the puck
3. illegal substitution
4. interference
5. leaving the players or penalties bench
6. throwing stick
7. tripping (foul from behind, including hooking, holding, slashing, etc.)

TABLE 13 – SUMMARY OF GOALKEEPER PENALTIES

1. illegal stick

2. illegal equipment
3. leave increase during altercation
4. proceeding to player's bench
5. participates in the play beyond the centre red line
6. proceeds to players bench to replace stick
7. deliberately shoots or bats puck out of play
8. deliberately falls on the puck inside or outside the goal crease
9. deliberately drops the puck in his pads or on the goal net
10. piling snow or other obstacles
11. throwing the puck towards opponents' goal
12. using blocking or catching glove to punch an opponent in the head or face

TABLE 14 – GOAL SCORED AGAINST A SHORT-HANDED TEAM

Minor Penalty Expiration Criteria:

a. is the team scored against shorthanded?
b. are they serving a minor penalty on the clock?
c. if the answer is yes to A and B, delete the minor penalty with the least amount of time on the clock, except when coincidental penalties are being served.

TABLE 15 – INTERFERENCE ON THE GOALKEEPER SITUATIONS

1. THE GOALKEEPER IS IN THE GOAL CREASE

a. An attacking player is standing in the goal crease when the puck enters the crease then crosses the goal line. In no way does he affect the goalkeeper's ability to defend his goal. Goal is allowed, this is a good

goal.

b. An attacking player makes incidental contact with the goalkeeper; however, no goal is scored on the play. Play continues, no whistle.

c. An attacking player makes incidental contact with the goalkeeper at the same time a goal is scored. Goal is disallowed. The official in his judgment may call a minor penalty on the attacking player.

d. An attacking player makes other than incidental contact with the goalkeeper, however, no goal is scored on the play. A minor penalty, plus assessment of whatever other penalties may be appropriate up to an including supplementary discipline.

e. An attacking player makes other than incidental contact with the goalkeeper at the time a goal is scored. Goal is disallowed, and a minor penalty and/or major penalty, plus assessment of whatever penalties may be appropriate up to an including supplementary discipline.

2. THE GOALKEEPER IS OUT OF THE GOAL CREASE

a. An attacking player makes incidental contact with the goalkeeper; however, no goal is scored on the play. Play continues, no whistle.

b. An attacking player makes incidental contact with the goalkeeper at the time a goal is scored. Goal is allowed.

c. An attacking player makes other than incidental contact with the goalkeeper, however, no goal is scored on the play. A minor and/or major penalty, plus assessment of whatever other penalties may be appropriate up to and including supplementary discipline.

d. An attacking player makes other than incidental contact with the goalkeeper at the time a goal is scored. A minor and or major penalty, plus assessment of whatever other penalties may be appropriate up to an including supplementary discipline and the goal is disallowed.

3. A PLAYER PUSHES, SHOVES OR FOULS ANOTHER PLAYER INTO THE GOALKEEPER WHO IS IN OR OUT OF THE CREASE

a. The attacking player, after having made a reasonable effort to avoid contact, contacts the goalkeeper at the time a goal is scored. Goal is allowed.

b. The contact by the attacking player with the goalkeeper is other than incidental and the attacking player, in the judgment of the referee, did not make a reasonable effort to avoid such contact. However, no goal is scored on the play. A minor and or major penalty, plus assessment of whatever other penalties may be appropriate up to an including supplementary discipline.

c. The contact by the attacking player with the goalkeeper is other than incidental and the attacking player, in the judgment of the referee, did not make a reasonable effort to avoid such contact at the time a goal Discord. A minor and or major penalty may be called at the discretion of the referee plus assessment of whatever other penalties may be appropriate up to an including supplementary discipline and the goal is disallowed.

d. An attacking player, through his actions pushes, shoves, or follows a defending player into the goalkeeper at the time a goal is scored. A penalty may be called at the discretion of the referee for the actions of the attacking Layer and the goal is disallowed.

4. BATTLE FOR LOOSE PUCK WITH THE GOALKEEPER WHILE THE GOALKEEPER IS IN OR OUT OF THE GOAL CREASE

a. An attacking player makes incidental contact with the goalkeeper while bolts are attempting to play a loose puck at the time a goal is scored. Goal is allowed.

b. An attacking player makes other than incidental contact with the goalkeeper while both are attempting to play a loose puck at the time a goal is scored. A minor and or major penalty, plus assessment of whatever other penalties may be appropriate up to an include Supplementary discipline and the goal is disallowed.

5. SCREENING SITUATIONS

a. An attacking player skates in front of the goalkeeper at the top of the goal crease, at the same time a goal is being scored. The attacking player remains in motion and does not maintain a significant position in the crease in front of the goalkeeper. Goal is allowed, this is a good goal.

b. An attacking player skates in front of the goalkeeper, well inside decrease, at the same time a goal is being scored. The attacking player remains in motion and, in the judgment of the referee, maintains a significant position in the Greece impairing the goalkeeper's ability to defend his goal. Goal is disallowed.

c. an attacking player skates in front of the goalkeeper, outside decrease, at the same time a goal is being scored. The attacking player remains in motion an impairs the goalkeeper's ability to defend his goal. Goal is allowed.

d. An attacking player plants himself within the goal crease, as to obstruct the goalkeepers vision an impair his ability to defend his goal, and a goal is scored. Goal is disallowed.

e. an attacking player plants himself on the goal crease line or outside the goal crease, as to obstruct the goalkeepers vision an impair his ability to defend his goal, and a goal is scored. Goal is allowed.

6. CROWDING THE GOALKEEPER

a. A goalkeeper initiates contact with an attacking player to establish position in the crease in the attacking player vacates the position immediately. No goal is scored on the play. Play continues, no whistle.

b. A goalkeeper initiates contact with an attacking player to establish position in the crease in the attacking player does not vacate the position, however, no goal is scored on the play. A possible penalty depends on the referee’s judgment as to the degree of contact and the degree of resistance with the attacking player and whether the goalkeeper was truly trying to establish a position. Minor penalty. This

player runs the risk of bad things happening by being in the crease. In this example it is a minor penalty.

c. A goalkeeper initiates contact with an attacking player in the crease to establish position and the attacking player vacates the position immediately at the time a goal is scored. Even though the attacking player vacates his position immediately, the contact impairs the goalkeeper's ability to defend his goal. Goal is disallowed.

d. A goalkeeper initiates contact with an attacking player to establish position in the crease in the attacking player refused to give ground at the time a goal is scored. Goal is disallowed. A minor penalty is not assessed (lots of goal only)

e. A goalkeeper deliberately initiates contact with an attacking player other than to establish position in the crease, or otherwise acts to make unnecessary contact was an attacking player. Minor penalty to the goalkeeper (slashing, etc.)

f. A goalkeeper initiates contact with an attacking player to establish position in the crease by using excessive force or acting in a manner which would otherwise warrant a penalty, and the attacking player refuses to give ground at the time a goal is scored. Coincidental minors (goalkeeper, attacking player). In this situation, the referee would emphatically display to the players and the fans that he was calling penalties before the puck entered the net, and thus the play was dead at the time the infractions occurred and thus stated there is no goal

g. A goalkeeper initiates contact with an attacking player to establish position in the crease by using excessive force or acting in a manner which would otherwise warrant a penalty, and the attacking player vacates the crease at the time a goal is scored. A minor penalty to the goalkeeper and the goal is disallowed. This is an example where the attacking player has prevented the goalkeeper from doing his job by being in the crease.

h. A goalkeeper initiates contact with an attacking player to establish position in decrease by using excessive force or acting in a manner which would otherwise warrant a penalty and the attacking player vacates the crease, but no goal is scored. Minor penalty to the goalkeeper.

7. CONTACT WITH THE GOALKEEPER

a. An attacking player initiates contact with the goalkeeper, inside or outside the crease, in a fashion that would otherwise warrant a penalty. (e.g., Runs the goalkeeper). Appropriate penalty (minor and/or major and a game misconduct) and subject to additional sanctions as a pro.

b. An attacking player is in the crease and makes every effort to vacate the goal crease and the goalkeeper initiates contact to embellish and draw a penalty. No goal is scored on the play. This is embellishment and a minor penalty to the goalkeeper (embellishment).

c. A defensive player directs the puck into his own net while an attacking player initiates contact with the goalkeeper. Goal is disallowed and a minor and/or major penalty, plus assessment of whatever other penalties may be appropriate up to an including supplementary discipline to the attacking player.

d. A defensive player directs the puck into his own net while an attacking player is standing in the goal crease. The attacking player does not affect the goalkeeper's ability to make the save. Goal is allowed.